



**Commercial EFX<sup>®</sup> Owner's Manual**  
**EFX<sup>®</sup>546**  
**ELLIPTICAL FITNESS CROSSTRAINER**

## IMPORTANT SAFETY INSTRUCTIONS

When using the EFX®, basic precautions should always be followed, including the following:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the self-powered EFX®546.
- To ensure the proper use and safety of the EFX, make sure that all users read this manual. Please make this manual a part of your club's training program. Remind the club users that before beginning any fitness program, he or she should obtain a complete physical examination from his or her physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

**DANGER** — To reduce the risk of electrical shock, always unplug the optional battery recharger from its power source before cleaning or performing any maintenance tasks.

**WARNING** — To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the EFX.
- Never leave the EFX unattended with the optional battery recharger plugged in. Unplug the unit from the outlet when it is not in use, before cleaning it, and before putting on or taking off parts.
- Assemble and operate the EFX on a solid level surface. Locate the EFX a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the EFX in good working condition. (See the *Maintenance* section).
- Use the EFX only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Use care when getting on or off the EFX. Use the stationary handrail whenever possible. Keep your body and head facing forward. Never attempt to turn around on the EFX.
- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back.
- Do not rock the unit. Do not stand on the display console or casing.
- Never drop or insert any object into any opening. Keep towels and hands away from moving parts.
- If you purchased the optional POLAR® chest strap, review the guidelines found in the *Precor Heart Rate Option Owner's Manual* that is supplied with that option.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

## IMPORTANT SAFETY INSTRUCTIONS

- Keep all electrical components away from liquids to prevent shock. Do not set anything on the casing, handrails, or display console. Place liquids only in the appropriate receptacles.
- Never place your hand(s) or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment.
- Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or dropped in water. Return the unit to a service center for examination and repair.
- Keep the optional battery recharger cord away from heated surfaces.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the EFX yourself other than the assembly and maintenance instructions found in this manual. Refer to *Obtaining Service*.

### HAZARDOUS MATERIALS AND PROPER DISPOSAL

The EFX546 has an internal battery which must be removed before the EFX is scrapped. The battery contains materials which are considered hazardous to the environment. Proper disposal of the battery is required by federal law.

To remove the battery from the EFX, take the following steps:

**CAUTION: Unplug the battery recharger and disconnect it from its receptacle at the rear of the EFX.**

**Tools required:** Phillips head screwdriver and hex wrench set.

1. Remove both the right and left rear covers from the EFX.
2. Remove the top rear cover.
3. Unplug the black and red battery wires from the circuit board.
4. Separate the circuit board from the battery by removing four screws.
5. The battery is held in place with a metal bracket. Lift the battery away from the bracket.
6. Dispose of the battery according to the federal Hazardous Waste Regulations.

### SAFETY APPROVAL

When identified with the ETL-c logo, the EFX has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-94, Safety of Household and Similar Electrical Appliances.

**SAVE THESE INSTRUCTIONS**

**IMPORTANT SAFETY INSTRUCTIONS**

## **RFI — RADIO FREQUENCY INTERFERENCE**

### **Federal Communications Commission Part 15**

The EFX has been tested and found to comply with,

- the IEC EMC Directive (international electromagnetic compatibility certification)
- the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. Operation of the EFX in a residential area is likely to cause harmful interference. If this occurs, the user will be required to correct the interference at his or her own expense.

**CAUTION — Per FCC rules, changes or modifications to the EFX not expressly approved by Precor, could void the user's authority to operate the equipment.**

### **Canadian Department of Communications**

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la Class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministère des Communications du Canada.

## **EUROPEAN APPLICATIONS**

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards:

**EN55022**, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment (Class A).

**EN50082-1**, Generic Immunity Standard for Residential, Commercial and Light Industrial Products (Class A).

This product additionally conforms to the requirements of the European Council Directive 73/23/EEC, Low Voltage Directive and has been tested to the following standard:

**IEC 335-1**, Safety of Household and similar Electrical Appliances.

### **European Applications**

This product has been tested to the requirements of EN55022, "Limits & Methods of Measurement of Radio Interference, Information Technology Equipment." Per that standard, the EFX546 is a Class A product. In a domestic environment, this product may cause radio interference, in which case the user is responsible to take adequate measures to alleviate the interference.

## EFX® SELF-POWERED FEATURES

The power source for the EFX is the user. When a person works out on the EFX and moves the foot pedals at a stride rate above 40 strides per minute, the power that is generated allows the EFX to function properly.

Informational displays appear when the battery is low or when the user has stopped pedaling during a workout. The display provides minimal instructions to let you know what to do to retain power. If the messages are ignored, the EFX will begin shutdown procedures to maintain the charge of the battery. Refer to page 24, *Informational Displays Prior to Shutdown*.

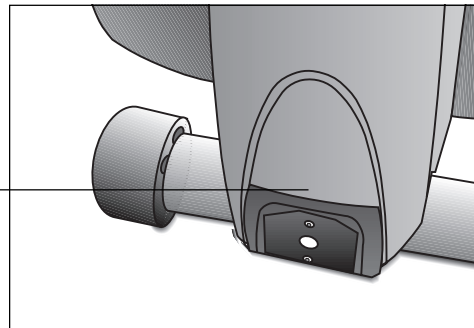
An optional battery recharger can be purchased and provides sustained power to the EFX. If you plan to customize your unit, the optional battery recharger is highly recommended. To purchase the optional battery recharger, check with your dealer.

## OBTAINING SERVICE

Do not attempt to service the self-powered EFX®546 yourself except for the maintenance tasks described in this manual. The EFX does not contain any user-serviceable parts. For information about product operation or service, contact an authorized Precor Commercial Products Customer Support Representative at 1-888-665-4404.

**Diagram 1** EFX serial number location.

Serial number label location



To help customer support personnel expedite your call, have your serial number available. The serial number can be found on a label near the power receptacle on the rear cover. Refer to Diagram 1. If you have any questions regarding the EFX546, use the model and serial numbers whenever you call your Precor dealer or servicer.

Model number: **EFX®546**

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Unit number: \_\_\_\_\_ Serial number: \_\_\_\_\_

## ABOUT THIS MANUAL

This manual includes instructions for installing and using the EFX546. To maximize the use of the EFX, please study this manual thoroughly. The manual uses the following conventions for identifying special information:

**Note:** Contains additional information.

**Important:** *Indicates information to which you should pay special attention.*

**CAUTION:** Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

**WARNING** — Provides instructions to prevent electrical damage to the equipment and injuries to yourself.

**DANGER** — Indicates steps you must take to prevent electrical shock.

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## Unpacking the EFX®

Thank you for purchasing the self-powered Precor EFX®546. Built to the exacting standards of the health club environment, the EFX is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

**Important:** Before using the EFX, we urge you to familiarize yourself and your staff with the entire Owner's Manual. Understanding this manual will help you and your customers use the EFX safely and successfully.

Your EFX is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in the following pieces:

- ☐ base frame assembly
- ☐ upper column support with display console
- ☐ handrails (left and right)
- ☐ upper column support bracket covers (2 pieces) and rubber grommet
- ☐ hardware kit and Owner's Manual

**CAUTION:** This unit weighs over 230 pounds (105 kilograms). To prevent injury to yourself or damage to the equipment, obtain appropriate assistance before removing the unit from the pallet.

If any items are missing, contact your Precor Commercial Products Service Representative at 1-888-665-4404.

### STANDARD EQUIPMENT

The EFX546 incorporates the Precor SmartRate® and Heart Rate features into its display console. Devices, such as FitLinxx®, that are CSAFE compatible, can also be attached.

The Precor “touch” heart rate is standard and provides electrode strips, called “grips,” on the center handrails. When a user places his or her hands over the grips and grasps the handrails, a heart rate is transmitted to the receiver.

**Note:** If a user does not wish to use the touch-sensitive hand grips, an optional POLAR® chest strap can be purchased and worn. The chest strap transmits the user's heart rate to the display console's receiver.

### OTHER EQUIPMENT

Optional equipment available through your dealer includes:

- Battery recharger
- POLAR® chest strap.

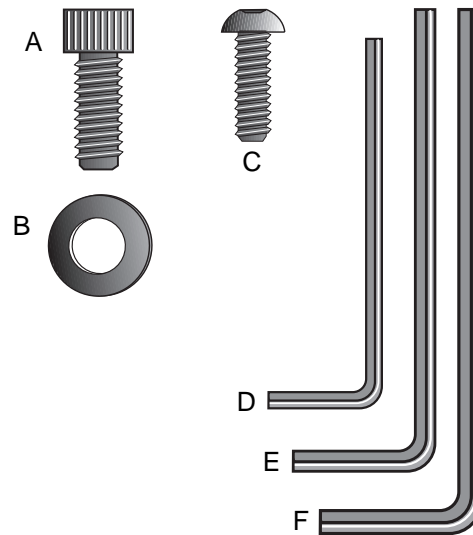
If you are interested in obtaining Precor option kits for your unit, check with your dealer. For customer support, see *Obtaining Service* on page 5.

## HARDWARE KIT

Carefully unpack the parts from the shipping container. Open the Hardware kit and make sure that you have the following items as shown in Diagram 2:

- ☐ (A) four socket head hex screws—upright support bracket
- ☐ (B) four washers—upright support bracket screws
- ☐ (C) four buttonhead screws—bracket covers
- ☐ (D) 5/32-inch hex key—screws on the upright support covers
- ☐ (E) 3/16-inch hex key—upper handrail clamp (**Note:** A hex torque wrench is also required, although it isn't supplied.)
- ☐ (F) 1/4-inch hex key—upper column assembly (**Note:** A hex torque wrench is also required, although it isn't supplied.)
- ☐ (G) Split rubber grommet and two bracket covers (not shown in Diagram 2)

**Diagram 2** EFX546  
Hardware kit



If any items are missing, contact your dealer. If you need customer support, refer to *Obtaining Service* on page 5.

**Note:** After assembling the EFX, be sure to store the hex keys in a secure place. The tools are used for maintenance procedures that are described in this manual.

## ACQUIRING THE APPROPRIATE TOOLS

Obtain the following tools *before* assembling the EFX.

- ☐ Wire cutter
- ☐ Hex torque wrench

## Setting Up the EFX®

You do not need any special knowledge or experience to set up the EFX. However, because of the size and weight of the EFX, you will need to obtain appropriate assistance during assembly.

### INSTALLATION REQUIREMENTS

Follow these installation requirements when installing the EFX. *If you do not install the EFX according to the following guidelines, you could void the Precor Limited Warranty.*

- **Set up the EFX on a solid, flat surface.** Unpack and assemble the EFX close to where you'll use it. Make sure that the flat surface under the unit is smooth and level. A level unit is required for the user's safety and for proper operation.
- **Provide ample space around the unit.** Open space around the unit makes for a safer mount and dismount.
- **Fill out and mail the limited warranty card.** The serial number is located on a label at the rear of the unit near the optional battery recharger receptacle. Write the serial number onto the Precor Limited Warranty card found on the back cover of this manual. Refer to *Obtaining Service* on page 5 and write the number there as well.

### ASSEMBLY INSTRUCTIONS

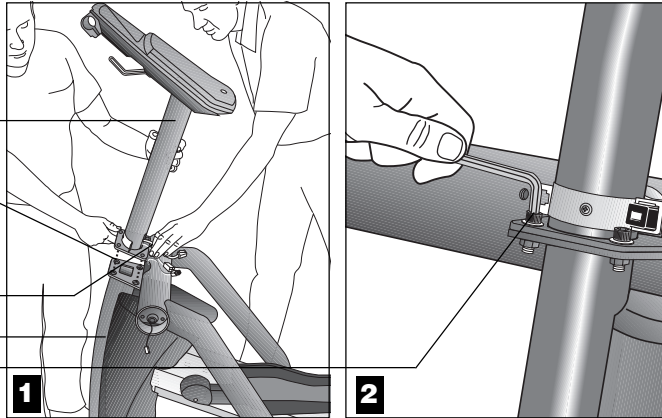
To assist you in the assembly, the items in the Hardware kit, shown in Diagram 2, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 2 on page 10.

1. **Unpack the EFX546.** Remove the packing materials and loose contents (upright support with display console, upright support bracket covers, split rubber grommet, hardware kit, and handrails) from inside the cardboard pockets and from around the base frame assembly.
2. **Pull the large cardboard piece away from the base frame assembly.** Ask for assistance to move the EFX off the shipping pallet. You may need to cut the tie wraps that hold the base frame and roller arms to the pallet.
3. **Move the unit to the location where you plan to use it.** Once you attach the handrails, the EFX is difficult to move through a standard door frame. Make sure that you assemble the unit where it will not have to be moved through any doorways.

**CAUTION:** Do not assemble the EFX if it is plugged into its optional battery recharger.

**Diagram 3** *Attach the upper assembly to the base assembly.*

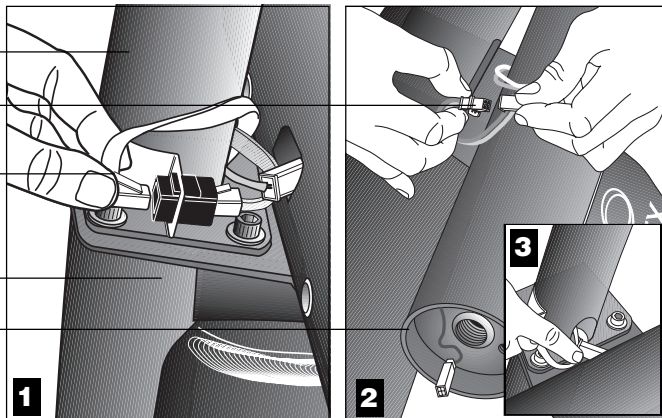
Upright support  
Base frame  
bracket mounts  
Cables  
Base assembly  
Screws (A) with  
washers (B)



4. **Attach the upper assembly.** Diagram 3. Have an assistant hold the upright support over the base frame bracket, while you take the following steps:
  - a. Remove any tape (or wire ties) that fasten the cables to the base assembly. Ensure that the cables are out of the way while your assistant aligns the upright support to the base frame bracket mounts.
  - b. Place a washer (B) on each of four socket head screws (A) and insert the screws through the mounting holes. See Diagram 3, #2. Finger tighten.

**Diagram 4** *Connect cables.*

Upright support  
Heart rate cable  
RJ45 cable  
Base frame  
Base frame cross  
brace tube

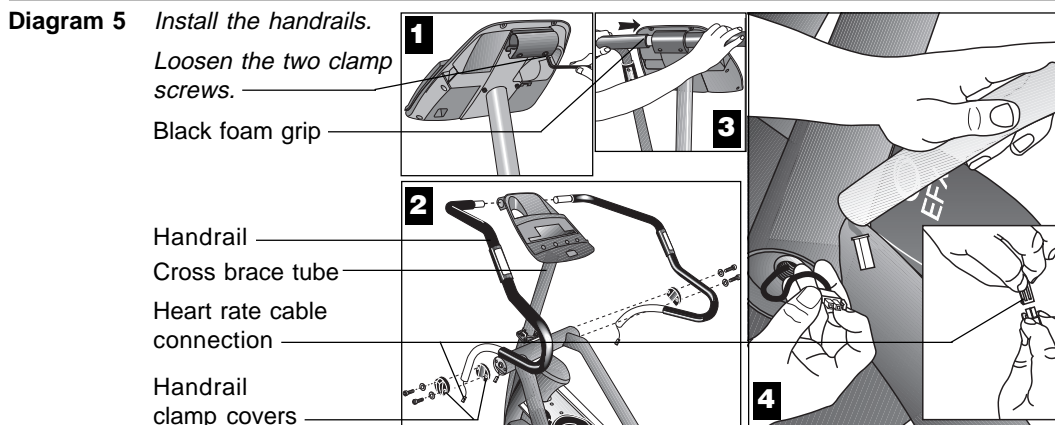


5. **Connect the cables.** Diagram 4. Two different types of cables protrude from the upright support. The RJ45 cable connects the upper display electronics to the lower electronics and lift mechanism. The other four-prong cable connects to the heart rate grips on the handrails and routes through the cross brace tube. To connect the cables, perform the following:

**CAUTION: Do not pull or stretch the cables while connecting them. Stretched or damaged cables are not covered by the Precor Limited Warranty.**

- a. Insert the RJ45 cable into its receptacle that is attached to the side of the upright support. Diagram 4, #1. Just like a telephone connection, a definite “click” is heard when a good connection is made. If you do not hear a “click,” try reinserting the cable again.

- b. Connect the heart rate cable into its four-prong receptacle. Double-check that the cable is fastened securely. If a proper connection is not made, the heart rate display may be erratic or, it may not appear at all. Diagram 4, #2.
- c. Gently, push excess RJ45 cable into the upright support. Place excess heart rate cable inside the base frame's cross brace tube. Diagram 4, #3.



6. **Loosen, but do not remove, the 2 screws in the upper handrail clamp using the supplied hex key (E).** See inset in Diagram 5, #1.
7. **Remove the handrail fasteners that are loosely attached to the cross brace tube.** These fasteners are used in step 8c. through 8e. (found on the next page) and include: four socket head cap screws, four split washers and two inner and outer handrail clamp covers.
8. **Attach the handrails one at a time.** Diagram 5, #2. Perform the following steps on **one side at a time**.
  - a. Align the upper and lower portions of the handrail. See Diagram 5, #2 and #3. Slide the handrail into the upper handrail clamp until the black foam grip touches the side of the upper clamp.

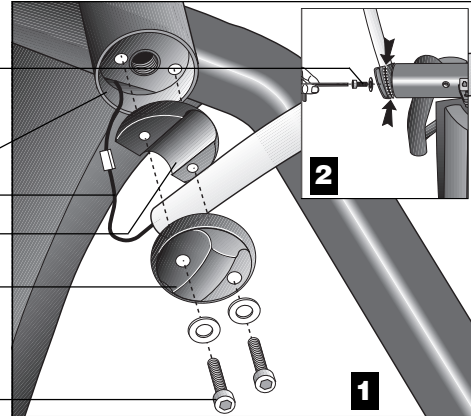
**Note:** It is helpful, as you slide the handrails into the upper clamp, to apply gentle pressure while you rotate the handrails back and forth. Make sure that you don't inadvertently hit anyone or the unit as the outer portion of the handrail moves up and down.

- b. Connect the heart rate cable as shown in Diagram 5, #4. Make sure that you align the two-prong connector with its receptacle. It should slide easily into place. Do not force the connection. If you have difficulty, recheck the position of the prongs and align it with the receptacle openings.

**Important:** Check that the cable is fastened securely. If a proper connection is not made, the heart rate display may be erratic or, it may not appear at all.

**Diagram 6** *Attach the lower handrail clamps.*

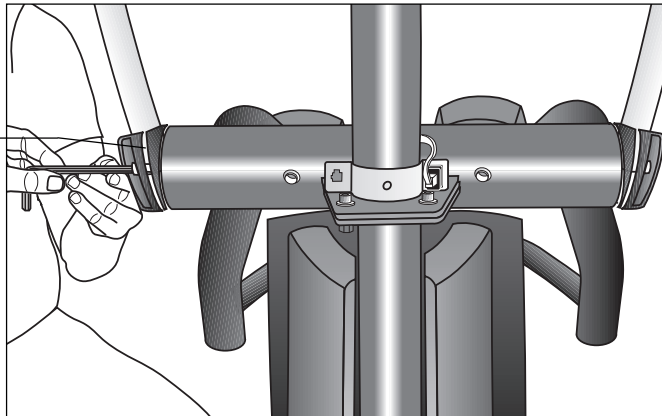
Socket head cap screw with split lock washer  
Cross brace tube  
Heart rate cable  
Inner handrail clamp  
Outer handrail clamp  
Socket head cap screws and split lock washer



- c. Attach the lower end of the handrail by sliding the inner handrail clamp along the backside of the handrail. See Diagram 6, #1. Fit the clamp into the cross brace tube.
- d. Place the outer handrail clamp over the bottom end of the handrail. See Diagram 6, #2. The edge of the clamp fits inside the cross brace tube.
- e. Place the split lock washers on the two socket head cap screws and insert the screws as shown in Diagram 6, #2.

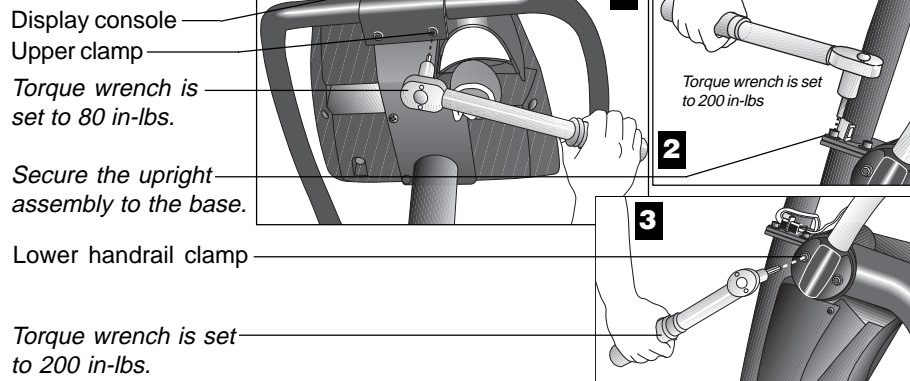
**Diagram 7** *Secure the lower handrail clamps.*

Gap between edges of clamp



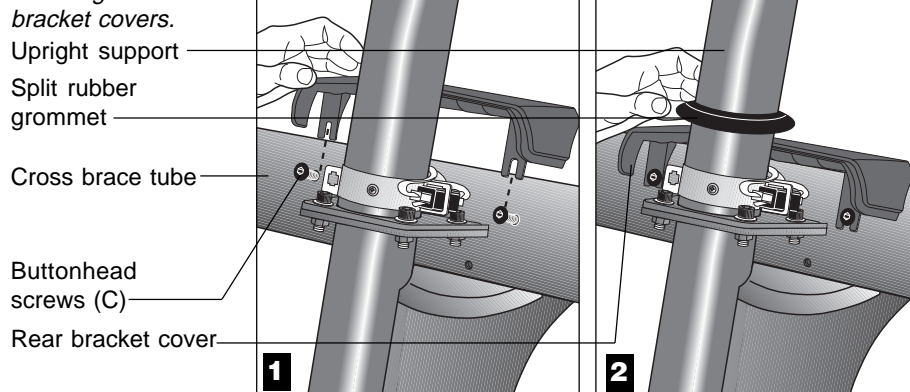
- f. Alternately tighten the two screws with the supplied hex key (F) so that the gap between the two edges of the clamp remains even. See Diagram 7. **Do not securely tighten the clamp until the EFX has been fully assembled.**
  - g. Perform steps a. through f. on the opposite handrail.
9. **Secure the upper handrails.** Diagram 7. With both handrails in place, tighten the two screws in the upper handrail clamp using the hex key (E) provided. **Then, use a hex torque wrench set to 80 in-lbs (7 ft.-lbs) to fully tighten the two screws.** Refer to Diagram 8.

**Diagram 8** *Torque the fasteners.*



10. **Secure the upright assembly to the base frame.** Diagram 8, #2. **Set the hex torque wrench to 200 in-lbs (17 ft-lbs) and alternately tighten the four screws (A).** Do not overtighten, as you can strip the threads on these screws.
11. **Secure the lower handrail clamps.** Diagram 8, #3. **Use the hex torque wrench to tighten the two socket head cap screws located on each lower handrail clamp to 200 in-lbs (17 ft-lbs).** Do not overtighten.
12. **Return to the upper handrail clamp.** Diagram 8, #1. **Use a hex torque wrench set to 80 in-lbs (7 ft.-lbs) to double-check that the two screws are secure.**

**Diagram 9** *Installing the bracket covers.*



13. **Install the bracket covers.** Diagram 9. Obtain four buttonhead screws (C) from the Hardware kit. Then, with the two bracket covers and the split rubber grommet that you removed from the box, take the following steps:
  - a. Loosely thread two buttonhead screws (C) into the cross brace tube.
  - b. Align the screws with the plastic mounting brackets found on the rear bracket cover and slide it into place. Make sure that the cover rests squarely on the cross brace tube. Tighten the screws with the supplied hex key (D).
  - c. Place the split rubber grommet around the upright support. Slide the grommet against the rear bracket cover to help secure it in place. See Diagram 9, #2.

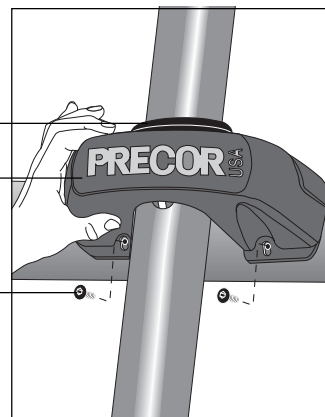


**Diagram 10** *Attach the front bracket cover.*

Split rubber grommet

Front bracket cover

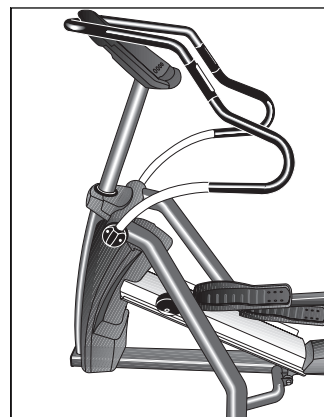
Screw (C)



- d. Use the remaining two buttonhead screws (C) to install the front bracket cover. Manipulate the cables so that the front bracket cover rests squarely against the rear cover. Align the mounting holes and tighten the screws. Refer to Diagram 10.

**CAUTION:** Do not overtighten the screws or you may inadvertently crack the plastic covers. Damaged bracket covers due to improper installation will not be covered by the Precor Limited Warranty.

**Diagram 11** *Front assembly of the EFX.*

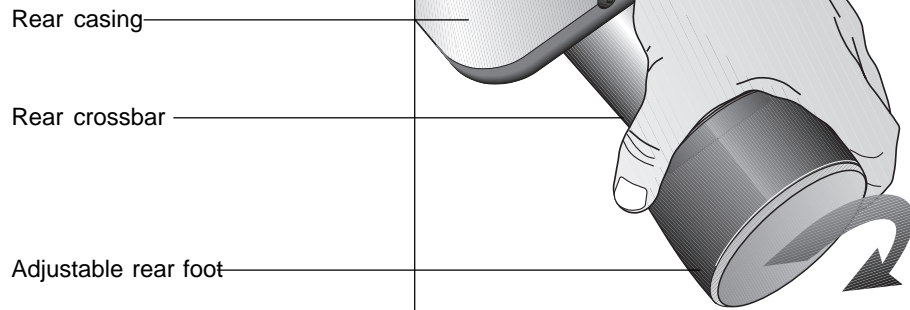


You have completed the assembly of the EFX®546. Diagram 11. To level the unit, continue with the steps below.

**CAUTION:** A fully-assembled EFX is very heavy. To avoid possible injury, obtain assistance.

14. If you need to move the EFX, a hand cart may be useful.



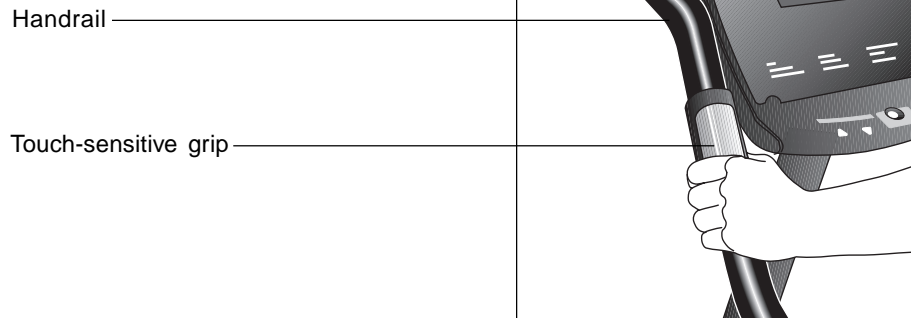
**Diagram 12** *Level the unit.*

15. **Level the unit.** Diagram 12. The unit has adjustable rear feet that can help level the unit plus or minus 1/4-inch. To rotate the adjustable rear feet, have an assistant stand in front of the display console and face the rear feet. Ask the assistant to grasp the upper handrails on either side of the display console and pull toward him or her. The rear feet should lift off the floor which will let you rotate the rubber feet in the necessary direction.

## **SUPPLYING POWER TO THE EFX546**

The EFX does not require an electrical power connection. It has an internal battery that is recharged every time a user works out for a reasonable period of time. A pedaling speed above 40 strides per minute must be maintained for several seconds before the Precor banner appears on the display. Once the banner appears, the user can press **QuickStart** or **Enter** to begin working out. For more information, refer to page 30, *Exercising on the EFX*.

**Diagram 13** *Test the heart rate feature.*



## TESTING THE HEART RATE DISPLAY

Verify that the heart rate display is operational before customers begin using the machine.

1. Begin pedaling and maintain a stride rate above 40 strides per minute. The Precor banner will appear on the display.
2. Grab *both* metal grips on the handrails, not just the one handrail as shown in Diagram 13.
3. Wait five to ten seconds. A number indicating your heart rate (beats per minute) should appear in the small upper right display.
4. If the heart rate display appears, the cables are properly connected and the heart rate feature can be a viable part of a user's workout.
5. If the heart rate display does not appear, press **Reset** to return to the Precor banner and then, ask someone else to try steps 2 and 3. If no heart rate number appears, you may need to disassemble the handrails or the upright support to check that the heart rate cables are fully engaged.

**Note:** To conduct electrical impulses from a user's heart, the electrode strips (handrail grips) must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However some people, because of body chemistry or erratic heart beats cannot use the heart rate touch-sensitive feature on the EFX. A POLAR® chest strap may provide better results. Refer to *Obtaining Service* on page 5.

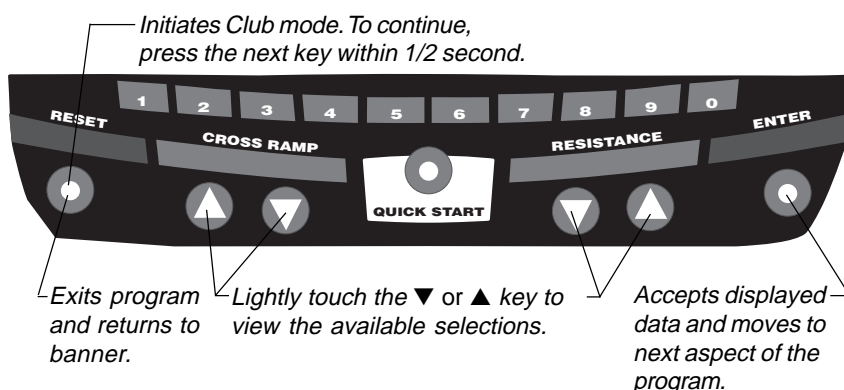
## Club Information

These next few pages provide information that lets you customize the EFX for your Club. It is not information that your customer needs to see. This section covers the following information about how to:

- determine which language appears on the display
- set maximum workout and pause times
- display the odometer and other useful information
- connect to CSAFE compatible devices

**Note:** If your customers are interested in learning more about the EFX, you may wish to direct them to the manual available on Precor's web site ([www.precor.com](http://www.precor.com)). (The manual that appears on the web site does not contain the information found in this section.)

**Diagram 14** Display console keys used for Club Custom Mode.



**Note:** The CHANGE keys are not shown in this diagram. Refer to Diagram 15.

## CHANGING THE CLUB SETTINGS

The Club "custom" settings are accessed through specific codes that help eliminate unauthorized access. Refer to Diagram 14 to locate the keys. Information that you can access and features that can be customized are as follows:

- **Language** — Choose to display English, German, Spanish, French, Dutch, or Portuguese.
- **Units of Measure** — Select between U.S. Standard and Metric displays.
- **Maximum Workout Time** — Sets a maximum limit on workout time.

**Note:** Remember the additional five minute cool-down period appended to a completed course, so adjust the maximum time limit accordingly.

- **Maximum Pause Time** — Sets the maximum duration for which a person can "pause" his or her workout.
- **Odometer, Hours of Use, Software Version, and Error Log** — The EFX stores the cumulative strides, the number of hours that the unit has been in use, the software version and software type (which is valuable when calling customer support), and an error log (useful when troubleshooting).

To access the Club settings, the following must occur:

- ☐ **Electrical power must be supplied.**  
The foot pedal speed must be maintained at 40 strides per minute. Or, the optional battery recharger must be plugged into the EFX and connected to an appropriate power source.
- ☐ **Check that the Precor banner appears on the display and maintain the minimum stride rate.**
- ☐ **Press the appropriate key sequences.**

**Important:** To access Custom Club Mode, press **Reset** while the Precor banner is displayed. Within 1/2 second, begin pressing the key sequences. If the system does not detect a key press (within 1/2 second after **Reset**), it returns to the banner. Once you begin entering a key sequence, each key must be pressed within four seconds of the other or the Precor banner reappears and you have to begin again.

To change the language, select the units of measure, and set the maximum work-out and pause times, press the following:

**Reset, Resistance ▼, ▲, ▼, Reset, Resistance ▼, ▲, ▼**

**Note:** The ▼ and ▲ symbols shown above represent the **Resistance** keys. Do not use the **Cross Ramp ▼▲** keys to attempt access to the Club Custom Mode.

The functions of the display console keys while in Club Custom Mode are described in the box below.

Display key functions within the Club Custom Mode	
▼▲	lets you scroll through the various selections that appear.
Enter	saves the information being displayed and moves to the next aspect of the program.
Reset	exits Club Custom Mode and displays the Precor banner.

**Note:** The touch-sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

## SELECTING THE LANGUAGE

Display prompts can appear in English, German, Spanish, French, Dutch, or Portuguese. Use the ▼▲ keys to make your choice and press **Enter** to select it.

## DETERMINING THE UNITS OF MEASURE

Two different units of measure can be selected, *Metric* or *U.S. Standard*. Make your selection using the ▼▲ keys. Press **Enter** once the correct unit is displayed.

**Note:** Anytime you wish to exit the Club Custom Mode, press the **Reset** key. Any previous display attributes that you selected by pressing **Enter** are saved and recorded in memory.

## SETTING A WORKOUT TIME LIMIT

You can limit how long a user works out by setting a duration between 1 and 240 minutes. You can also choose NO LIMIT which allows the user to select a course and work out indefinitely. (Note that the user must enter a workout time of "0" using the *numeric* keys at the **Enter Time** prompt before he or she can workout indefinitely.)

**Important:** If the club setting is NO LIMIT and the user enters "0" at the **Enter Time** prompt, then the **Remaining Time** display does not appear when a user works out. (An exception to this rule is the Weight Loss Course.)

**Note:** The **QuickStart** program is set at the Club limit.

Use the ▼▲ keys to select a workout time limit. For example, if you set the workout time limit to 20 minutes, the EFX allows users to specify a workout between 1 and 20 minutes. Users would not be allowed to specify a time longer than 20 minutes. Take into account that the user will get an additional five minute, cool-down period appended to his or her workout, so adjust the time limit accordingly.

**Note:** The touch-sensitive keys can be gently pressed and held to view several selections. The longer the key is held down, the faster the numbers scroll past.

## SETTING A PAUSE TIME LIMIT

Use the ▼▲ keys to set a **Pause** time limit between 1 and 120 seconds (two minutes). Note that changes to the Pause time become effective only when the power source for the EFX is the optional battery recharger. If no battery recharger is connected and the stride rate drops below 40 strides per minute, the EFX moves into a thirty second shut down mode. Refer to page 24.

## VIEWING THE ODOMETER, HOURS OF USE, SOFTWARE VERSION AND ERROR LOG

The keypad keys that you press to view the odometer, the number of hours the EFX has been in use, the software version and any error codes, are as follows:

### Reset, Resistance ▲, Resistance ▼

**Important:** Remember to begin at the Precor banner. After pressing **Reset**, the next key in the sequence must be pressed within 1/2 second.

The field name **Odometer** appears briefly and then the odometer value (the cumulative strides that users have travelled) appears.

Press **Enter** and the number of hours (**Hour Meter**) that the unit has been in use appears. The EFX notes the passing of each 10th of an hour, but the numeric value that appears is truncated to the nearest full hour.

Press **Enter** again and the unit's three digit **Software Version** (upper and lower) appears on the display.

Press **Enter** once again and the **Error Log** appears. Press the ▼ or ▲ key to view the error messages. To return to the Precor banner, press **Enter** or **Reset**.

**Note:** To **clear** (delete) the error log, press **QuickStart** for at least four seconds while viewing the list. Prompts appear on the display and let you know when the error messages have been deleted ("cleared") from memory.

**Important:** You cannot retrieve the error log once you have deleted it.

## USING CSAFE STANDARD EQUIPMENT

The EFX546 is fully compatible with CSAFE protocols. Once the unit is connected to a CSAFE master device and the user maintains a stride rate above 40 strides per minute, the user is prompted to enter a user ID.

**Note:** If the optional battery recharger is plugged into the EFX and connected to an appropriate power source, then no pedaling is necessary for user ID entry.

Five zeros appear on the display. The left zero indicates that it is awaiting input. The following table provides information about the keypad functions:

User ID Entry:	Program Keys
▼ or ▲	moves the blinking LED from field to field.
<b>Numeric</b> keypad	use the number keys to enter a user ID. The number that is pressed appears in the display and the next field begins to blink. When all five user ID numbers are selected, the user must press <b>Enter</b> to submit it.
<b>Enter</b>	submits the displayed user ID. Note that if the five zeros are being displayed when the user presses <b>Enter</b> , the user ID entry is bypassed and the <b>Course</b> prompt appears.
<b>Reset</b>	resets the display to the Precor banner.

A message indicates when the user ID is accepted by the CSAFE master device. Then, the course prompt is displayed. See *Quick Steps to Working Out* on page 31.

**Note:** If the user's stride rate drops below 40 strides per minute while using the CSAFE device connection, a prompt PEDAL FASTER appears. If the stride rate remains below the 40 strides per minute threshold for the next twenty seconds, the CSAFE connection is terminated. The word RESETTING appears on the display while the EFX disconnects from the CSAFE device.

To review information about CSAFE specifications, visit the web site at:

[www.fitlinxx.com/csafa](http://www.fitlinxx.com/csafa)

The EFX supports the CSAFE master device per the specifications found at the web site. Two exceptions exist:

GoInUse (0x85) and GoFinished (0x86)

Additional CSAFE2 commands supported by the EFX546 software include:

SetGear, SetGrade, SetProgram, SerUserInformation, GetUserInformation, GetOdometer, and GetErrorCode, SetHRZone, GetHRTZone, GetHRAvg, GetHRMax, GetTemperature, and GetVoltage

If you have questions or need technical support, refer to *Obtaining Service* on page 5.

## The EFX<sup>®</sup>546 Display

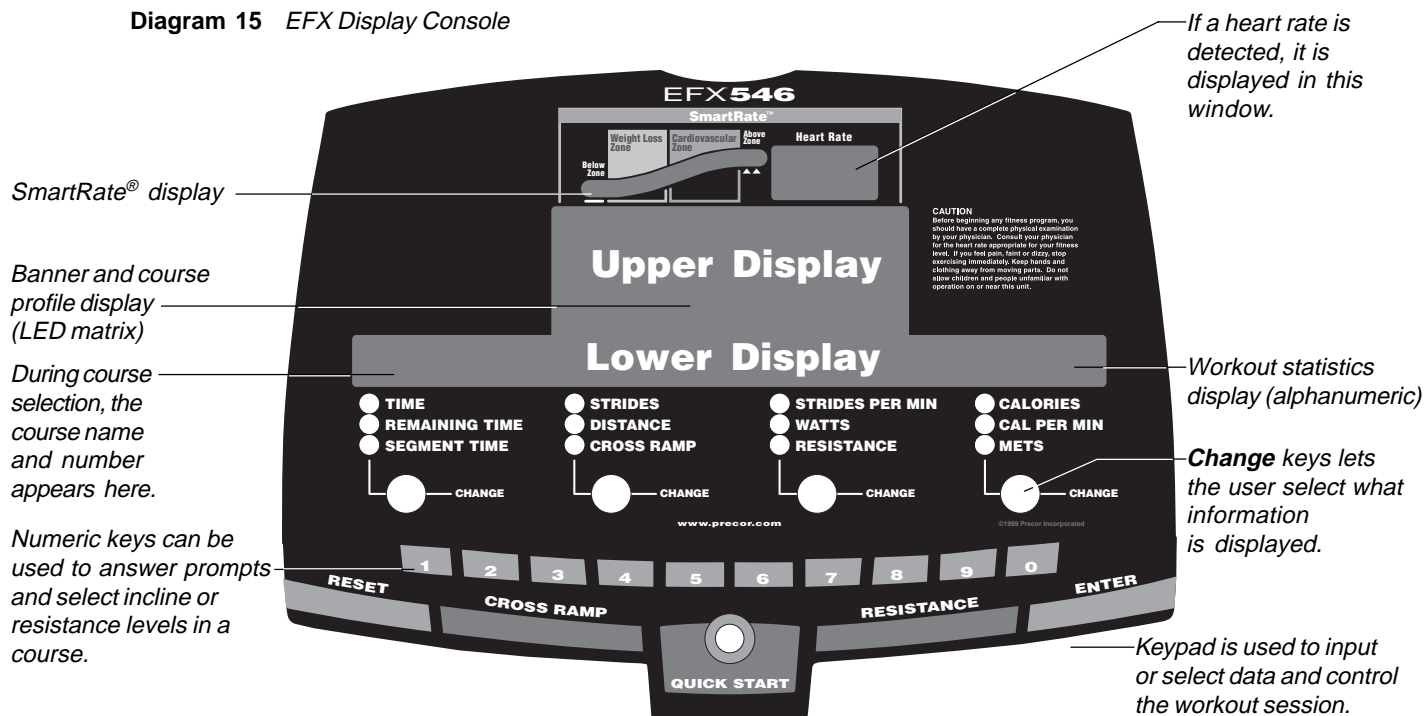
The EFX is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the EFX is used, however, we recommend that you familiarize yourself with it so you can instruct your customers to use it safely and effectively. This section covers the following information:

- an overview of the features provided on the display console
- an explanation about the available courses
- instructions for utilizing the heart rate options

### FEATURES ON THE DISPLAY CONSOLE

Indicator lights show which feature is being displayed. When a user works out, the display presents **Time**, **Strides**, **Strides per Minute**, and **Calories**. A user can change what features appear on the display by pressing the **Change** keys.

Diagram 15 EFX Display Console



**Important:** Because the EFX is self-powered, the displays do not appear until the user maintains a stride rate above 40 strides per minute. Note that there is an exception to this rule. If power is being supplied through the optional battery recharger, then pedaling is not required for the Precor banner to appear. Refer to page 5, *EFX<sup>®</sup> Self-powered Features*.

As a user exercises, the display console provides motivation by presenting constant feedback about his or her progress. An brief explanation of each feature on the display console appears in Diagram 15. Look on the next page for a more thorough explanation. If an error message should appear, call a Precor qualified service technician or service center. Refer to *Obtaining Service*, on page 5.

## SMARTRATE® DISPLAY

**SmartRate®:** A user must enter an **Age**, during the course Setup prompts and wear a POLAR® chest strap (or hold onto the Heart Rate “touch” sensitive handrails), while in a course program, before the blinking segment in the bar graph can show the zone that his or her heart rate is in, either: Weight Loss or Cardiovascular. Refer to page 34, *Utilizing the SmartRate® Feature*.

**Important:** During a course, the stride rate must be above 40 strides per minute and a user's heart rate must be above 40 beats per minute before the SmartRate® segment begins to blink. If the EFX has the heart rate touch-sensitive handrails, a user doesn't need to wear a POLAR® chest strap. However, he or she will need to grasp the touch-sensitive grips.

**HEART RATE:** The heart rate display lets a user monitor his or her heart rate. When a heart beat is detected, the number appears in the small upper right display (refer to Diagram 15). If the club did not purchase the Precor Heart Rate “touch” option or the user does not wear a POLAR® chest strap, a heart rate will not be detected and no pulse rate appears. Refer to *The Heart Rate Feature* on page 34.

## UPPER DISPLAY

The Precor banner and course profiles appear in the large center display (LED matrix). Always start a workout at the Precor banner. During workouts, the course profile appears in the center display and corresponds to the program that the user selects. As a user proceeds through a workout, his or her position is indicated by a blinking column.

## INFORMATIONAL DISPLAYS PRIOR TO SHUTDOWN

The EFX saves its battery charge by moving into a shutdown mode. Whenever PEDAL FASTER appears on the display, the heart rate, SmartRate® and course indicators turn off. If the user does not maintain a stride rate of 40 strides per minute, then a thirty second shut down process begins.

When twenty-eight seconds remain, the upper display appears blank and all key presses are ignored except **Reset**. The touch-sensitive heart rate features are also ignored. If no pedaling occurs in the next eight seconds, a row of dots (that correspond to the number of seconds remaining before the EFX shuts off) appears in the upper display.

If the EFX is connected to a CSAFE master device, a slightly different scenario occurs. When the number of seconds remaining before the EFX shuts off equals ten seconds (instead of eight), the workout session ends. RESETTING appears in the lower display while the EFX disconnects from the CSAFE master device. All key presses are ignored. Pedaling has no effect on the display.



If the battery voltage is low or needs recharging, the words **WARNING - LOW BATTERY** appear after the **PRECOR** banner. The EFX continues to function even with a low battery, but user and course information is lost once the user stops pedaling. Note that the Pause feature does not work.

When the battery voltage is low, changes to the ramp's incline are ignored. When a user attempts to change the ramp incline, **NO RAMP - LOW BATTERY** appears on the display. The course profile and calories calculations are not affected by the low battery and continue to show the programmed changes as if the changes to the ramp incline actually occurred.

**Note:** A sustained workout at the current ramp incline will help recharge the battery. Or, plug in the optional battery recharger. Refer to the *Maintenance* section.

## LOWER DISPLAY

Prompts appear in this display prior to a workout. A user addresses each prompt using the numeric or keypad keys. Once the user begins pedaling and maintains a stride rate above 40 strides per minute, lights appear in the columns below the window indicating which information is being displayed. A user can highlight a particular feature by pressing the appropriate **Change** key.

The following describes the information that can appear in the lower display.

**TIME:** During a workout, a time (0:00) display appears. **Time** appears in minutes and seconds. However, should a user exceed 60 minutes (during a single workout), the **Time** display converts to hours and minutes. The **Time** display shows how long a user has been working out. Even when a user enters the cool-down period, the **Time** display provides the cumulative duration of the workout.

**STRIDES:** Shows the total number of strides completed. A stride is an exaggerated walking movement. On the EFX, if a user starts in a position with one foot forward and one foot back, a stride is completed when he or she moves the rear foot all the way forward while the forward foot moves to the rear.

**STRIDES PER MINUTE:** Displays the current pedaling speed. The number will always be even since two strides create one complete revolution of the flywheel.

**Important:** The self-powered EFX requires that a user maintain a stride rate above 40 strides per minute to function properly. **PEDAL FASTER** appears on the display as a warning that the EFX is entering shutdown mode.

**CALORIES:** Provides the cumulative number of calories being burned.

**REMAININGTIME:** Indicates the amount of time, in minutes and seconds (mm:ss), that remain in the course. When a user enters a cool down period, the **Remaining Time** resets to five minutes, and begins counting down from there.

**Note:** If the club has set the **Workout Time Limit** as **NO LIMIT** and the user inputs 0 using the numeric keys at the **Enter Time** prompt, then the **Remaining Time** field does not appear. See *Club Information* on page 19.

**DISTANCE:** The distance that a user travels appears when he or she selects this feature. Distance appears in 100th mile increments and can also appear in kilometers. (See *Club Information* on page 19.) The number shown in the display is not a conversion of strides, but relates closely to the user's expenditure of energy. The energy level is derived from the user's current MET's value and converted to an equivalent linear distance.

**WATTS:** Indicates the amount of energy the EFX is currently generating and is derived from the current resistance and pedaling speed.

**CALORIES PER MINUTE:** Indicates the approximate number of calories being burned per minute.

**SEGMENT TIME:** In the Manual or preprogrammed courses, this display indicates the amount of time, in minutes and seconds (mm:ss) that remains in the highlighted column (or segment) of the course profile before next column begins blinking. If the course being used is Interval or Weight Loss, then the number appearing in this display indicates the amount of time that remains in the current interval.

**CROSS RAMP:** Displays the current ramp incline. The **Cross Ramp ▲** and **▼** keys let the user set an incline between 1 and 20. Once a user begins a course, the numeric keys can be used to designate the incline setting. Refer to **Numeric Keys** on page 28.

**Note:** A user can check the incline (when it is not the chosen display) any time during his or her workout by lightly pressing either **Cross Ramp ▲** or **▼** key for less than two seconds. Pressing the **Cross Ramp ▲** or **▼** key for more than two seconds causes the ramp incline to change.

**RESISTANCE:** Displays the amount of resistance being applied to the foot pedals. The **Resistance ▼** and **▲** keys let the user set a resistance between 1 and 20 which affects the amount of resistance applied by the brake. Once a course is begun, a user can also use the numeric keys to designate the resistance. Refer to **Numeric Keys** on page 28.

**Note:** A user can check the resistance (when it is not the chosen display) any time during a workout by lightly pressing either **Resistance ▼** or **▲** key for less than two seconds. Pressing the **Resistance ▼** or **▲** key for more than two seconds causes the resistance level to change.

**METS:** Displays the metabolic equivalents of the user's current energy expenditure level. A MET's level of 1 represents the body at rest. Note that when a user stops pedaling, the MET's value drops to zero because the displayed information no longer corresponds to the user's MET's level.

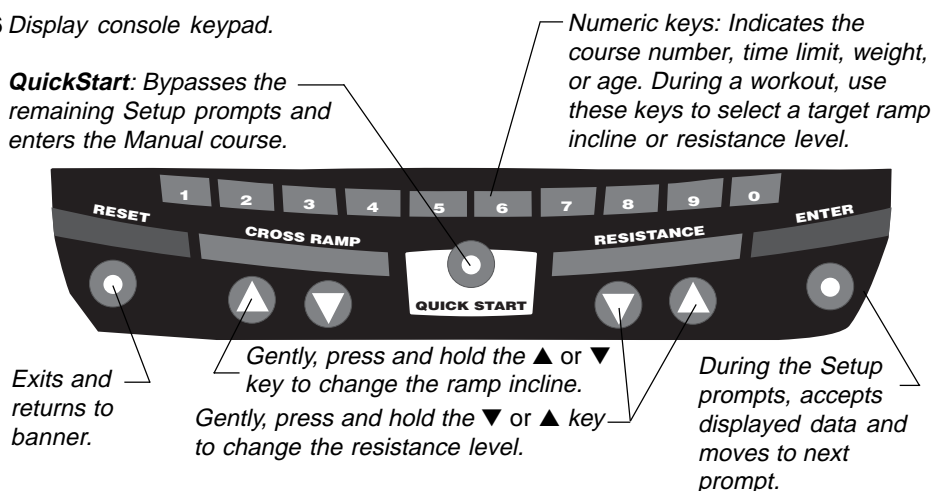
## KEYS ON THE DISPLAY CONSOLE

The EFX has an easy-to-use keypad that is activated by the slightest touch. Remind users that they only need to apply gentle pressure to these ultra-sensitive keys.

Each key on the display console's keypad provides specific functions. Numeric keys (numbered 1, 2, 3,... through 0) let the user enter data in answer to the display prompts and change the ramp incline or resistance level during a workout. The standard keys, **Change**, **Reset**, **Cross Ramp ▲▼**, **QuickStart**, **Resistance ▼▲**, and **Enter**, let the user enter data as well as control his or her workout.

The following information explains the different uses of the keys from left to right. To locate each key, look at the display console or refer to Diagram 16.

**Diagram 16** Display console keypad.



**Note:** The CHANGE keys are shown in Diagram 15.

## KEYPAD TIPS

- If the optional battery recharger is not connected, the user needs to maintain a stride rate above 40 strides per minute before keypad entries can occur. Refer to *Informational Displays Prior to Shutdown* on page 24.
- The Setup prompts need to be answered using the numeric keys or by pressing the ▼ or ▲ keys. Accurate entries are required or features such as SmartRate® will not work properly.
- Pressing **Enter** selects the information being displayed.
- Pressing **QuickStart** bypasses further selections and prompts the user to workout in Manual mode. Default values apply (see **QUICKSTART** on page 29). The SmartRate® display does not appear.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for two minutes. The display returns to the Precor banner.
- Pressing **Reset** returns to the Precor banner.

**Numeric Keys (0 - 9):** During a workout, a user can press the numeric keys to change the ramp incline (0 to 20) or resistance levels (1 to 20). Remember, if the numeric keys are used to alter the incline or resistance, the user needs to designate, within three seconds, whether he or she is *increasing* (by pressing the ▲ key) or *decreasing* (by pressing the ▼ key), the corresponding ramp incline or resistance level.

**Note:** When the user presses the numeric keys to change the incline or resistance, the actual setting appears on the display while the ramp is moving or the brake is being applied. If the user wishes to halt the change, the appropriate **Cross Ramp ▲** or **▼** key or **Resistance ▼** or **▲** key must be pressed. The ramp stops moving or the brake stops applying resistance (respectively) and the display shows the current level.

During the Setup prompts, a user can also use the numeric keys to type in a course number (1 through 8), workout time, weight, and age. Note that he or she must press **Enter** to process the selection.

**CHANGE:** During a workout, the **Change** key lets a user choose which feature appears on the display.

**RESET:** While answering the Setup prompts or during a workout, a user can cancel the course program, clear the display, and return to the banner by pressing **Reset**.

**CROSS RAMP ▲▼:** During a workout, the **Cross Ramp ▲▼** keys let the user increase or decrease the ramp incline. Incline changes can range from 0 to 20. The incline in some courses (Cross Training, Gluteal, and Interval) is preset, but can be overridden by the user. In the Weight Loss course, the incline may change automatically to maintain a designated target heart rate.

When you press the **Cross Ramp ▲▼** keys, the number that appears on the display shows the target incline (not the actual incline) because the display can change much faster than the motor-driven lift.

**Important:** If the battery voltage is low, the words NO RAMP and LOW BATTERY appear on the display. Refer to *Informational Displays Prior to Shutdown* on page 24.

Another feature of the **Cross Ramp ▲▼** keys lets the user review the ramp's incline any time during a workout. If CROSS RAMP is not one of the chosen features being displayed, a user can view the actual incline by lightly touching either **Cross Ramp ▲** or **▼** key. To change the incline, he or she can hold the key down or touch the key again within two seconds. Note that the numeric keys can also be used to adjust the ramp incline.

**RESISTANCE ▼▲:** During a workout, the **Resistance ▼▲** keys let the user decrease or increase the force applied against his or her stride. The display can show a range from 1 to 20. Setting 1 provides the least resistance.

When a user changes the resistance by pressing the **Resistance ▼** or **▲** key, the number that appears on the display shows the *target* resistance (not necessarily, the present resistance being applied) because the display can change more rapidly.

Another feature of the **Resistance ▼▲** keys lets the user review the EFX's resistance any time during a workout. If RESISTANCE is not one of the chosen features being displayed, a user can view the actual resistance by lightly touching either **Resistance ▼** or **▲** key. He or she can opt to change the resistance if the key is held down or touch the key again within two seconds. Note that the numeric keys can also be used to adjust the resistance.

**ENTER:** Workout specific prompts need to be answered and “entered” into memory. Pressing **Enter** selects the information being displayed and processes it.

**QUICKSTART:** QuickStart lets the user bypass the Setup prompts and start a workout immediately using the Manual course. **Default values apply.**

#### QUICKSTART Default Values

Prompts	Default Value
Course	Manual
Time	Club limit. Note that the Weight Loss course is fixed at 28 minutes.
Weight	150 lbs. (68 kg.)
Age	0 : A valid Age must be entered to utilize the <b>SmartRate</b> ® display. If <b>QuickStart</b> is pressed <b>after</b> the <b>Age</b> prompt appears, then the <b>SmartRate</b> ® display will appear when the user grasps the touch-sensitive strips on the handrail or wears the POLAR® chest strap. If no <b>Age</b> entry occurs, the <b>SmartRate</b> ® display lights up, but no blinking sensor appears.

The **QuickStart** key can be pressed any time during the Setup prompts. Default values apply after that point. See the table below.

Press QUICKSTART at the...	The following occurs:
<b>Precor</b> banner	The user bypasses the Setup prompts and begins working out in the Manual course.
<b>Course</b> prompt	The displayed course is accessed. <b>Note:</b> Since a default workout time is accessed, no progress message such as, “10% complete” will appear on the display. The exception to this rule is the Weight Loss Course.
<b>Time</b> prompt	The time that appears on the display becomes the workout time limit. <b>Time</b> may be set to any value from 1 to the Club limit. If “unlimited” workout time is allowed by the Club, a user can select it by entering 0 with the numeric key.
<b>Weight</b> prompt	The weight that appears on the display becomes the designated weight that the EFX uses to compute statistics. Acceptable entries are between 1 and 999.
<b>Age</b> prompt	The age that appears on the display becomes the designated age that the EFX uses to compute statistics. A correct age entry between 1 and 99 is very important if the user’s plan to utilize the heart rate features of the EFX. The <b>QuickStart</b> key acts the same as the <b>Enter</b> key at this point because the user has answered all the Setup prompts.

## Exercising on the EFX®

Once the EFX is assembled, it is ready to use. The easy-to-understand prompts let the user select a course and specify how long he or she wants to work out.

### USING THE HEART RATE “TOUCH” CAPABILITY

If a user wishes to view his or her heart rate on the display, instruct them to grasp the touch-sensitive strips (called “grips”) on the handrails while working out. A heart rate signal is transmitted to the receiver installed in the display console. During a workout, the heart rate indicator lights, begins blinking and then, displays the heart rate. This lets the user see what his or her heart rate is doing even when the display is presenting other workout statistics. For more information, refer to *The Heart Rate Feature* on page 34.

### WORKOUT TIPS

The steps to working out on the EFX are listed on the opposite page. A short explanation appears on the left with the more thorough description following on the right. Tips to consider during a workout are shown below.

**CAUTION:** Before beginning any fitness program, make sure that all users receive a complete physical examination from their physician.

**CAUTION:** When a user steps on to or off of the foot pedals and when a user reaches out to press the display keys, always ask that they grasp at least one of the stationary handrails to help keep his or her balance.

- Refer to Keypad Tips on page 27 for additional information.
- Answer the Setup prompts using the numeric keys or by pressing the ▼ or ▲ keys.
- Press **Enter** to select the information being displayed.
- **QuickStart** bypasses further selections. Default values apply (see QUICKSTART on page 29). SmartRate® is not active.
- A time-out occurs during the Setup prompts if the EFX detects no key presses for two minutes.

**Note:** The following text is written in second person so that you, as club owner or manager, can copy the sections (excluding *Maintenance*) for your customers.

## QUICK STEPS TO WORKING OUT

**Important:** If BATTERY LOW appears on the display anytime during a workout, contact the club personnel. Pay attention to the words, PEDAL FASTER. The EFX is warning you that you need to pedal faster to avoid disconnecting the battery, which is the power source for the EFX display.

- 1 Use the Heart Rate Features.**

1. For your **Heart Rate** to appear on the display, you need to wear a POLAR® chest strap or hold onto the touch-sensitive grips on the handrails.

**CAUTION:** Hold onto the handrails while you step into the foot pedals.
- 2 Step into the foot pedals and select a course.**

*Important:* When you begin moving the foot pedals, continue to hold onto a handrail with one hand while you answer the Setup prompts with the other.

2. Begin pedaling and follow the display prompts. Make a COURSE selection and enter your workout TIME, WEIGHT, and AGE.

**Note:** To answer the Setup prompts, use the numeric or ▼▲ keys. Press **Enter** to select the information being displayed. The eight available courses appear on the label attached to the display console. Brief course descriptions are also provided beginning on page 34.

**Important:** Any time during the Setup prompts, you can press the **QuickStart** key. Refer to QUICKSTART on page 29.

To pause during your workout session, stop pedaling for a few seconds. Be aware that if the optional battery recharger is not attached, you have only thirty seconds before the EFX shuts off. See *Pause, Cool Down and Exit Features*.
- 3 Continue your workout until course completion.**

3. When you have completed a course that has a limited duration, a five minute, cool-down period automatically begins. Hold onto the handrail while the EFX reduces the resistance by 20 percent. Note that you can always exit a course prematurely using the **Reset** key.

**Note:** Not all courses supply the cool-down period. See *Cooling Down After Your Workout* on the next page.
- 4 End your workout and review your workout statistics.**

*Important:* Continue pedaling while reviewing your workout statistics.

4. After you complete the five minute cool-down period (or exit a course prematurely using **Reset**), the **Workout Summary** banner appears. If you wore a POLAR® chest strap or held onto the handrail grips during your workout, a heart rate analysis follows the banner and displays:

  - the average heart rate during your workout
  - the maximum heart rate during your workout
  - the duration that your heart rate was in the Weight Loss or Cardiovascular zones.

Workout statistics except TIME, STRIDES and CALORIES reset to zero. (TIME shows the accumulated workout time including warm-up and cool-down periods.)
- 5 Stop pedaling and hold on to a handrail while you step off the EFX.**

5. When you are finished reviewing your workout statistics, stop pedaling. Hold on to the stationary handrails while you carefully step down from the EFX.



## COOLING DOWN AFTER A WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal (non-exercising) state. The EFX automatically initiates a five minute, cool-down period once you complete a course that has a specified time duration. A prompt appears, indicating that you are in cool down.

During your cool down, the workout statistics continue to appear. The **TIME** display shows the accumulated time which includes warm-up and cool-down periods. When you complete the five minute cool down, a **Workout Summary** appears. See the information below.

**Important:** To activate a cool-down period, a course must “end.” The course ends when the workout **Time** (entered during the Setup prompts) expires. If no workout **Time** entry occurred, then (from a software perspective) no time limit exists, so a cool-down period is not appended to the course. (However, club time limits still apply whether or not a workout **Time** was entered.)

## PAUSE, COOL DOWN AND EXIT FEATURES

Pausing, cooling down, and exiting are integral parts of your workout and can be accessed any time during a course. The EFX goes through several prerequisites before actually exiting a course. The following tables explain the various situations. Since the EFX is self-powered, foot pedal movement must be continuous to avoid shutdown mode. For more information, refer to page 24.

**Note:** If the optional battery recharger is supplying power to the EFX, the factory setting for Pause mode is two minutes (120 seconds). The club has the option to change the setting. A duration can be set between 1 and 120 seconds and limits how long a user can pause his or her workout. Refer to *Club Information* on page 19.

In a course,	This is what happens...,
<b>you complete it</b>	Enter Cool Down. At the start of the cool-down period, the resistance is reduced by 20 percent. You can adjust the setting using the numeric or <b>Resistance ▼▲</b> keys. The display features remain, so you can review your workout statistics.  <b>Note:</b> A cool-down period is appended to those courses that have a finite duration. If you do not enter a <b>Workout Time</b> during the Setup prompts, or the club has set “no limit” as the default duration, then a cool-down period does not occur when you reach the end of a course.
<b>you press Reset</b>	Enter the <b>Workout Summary</b> mode. You can scan through the workout statistics by pressing the <b>Change</b> key. Note that the <b>TIME</b> display shows the accumulated workout time including warm-up and cool down periods.
<b>no pedaling or slow pedaling is detected</b>	Enter Pause mode. PEDAL FASTER appears on the display and <b>Time</b> stops accruing. For more information, refer to page 24.



In Pause mode, you	This is what happens...,
<b>resume pedaling</b>	Returns to the course and the workout statistics continue from where you left off.
<b>press Reset</b>	Displays the <b>Workout Summary</b> banner.
<b>exceed time limit</b>	The EFX exits Pause mode, resets the displays, and turns off.
In Cool down mode,	This is what happens...,
<b>no pedaling or slow pedaling is detected</b>	Enter Cool-down, Pause mode. <b>Time</b> stops accruing and PEDAL FASTER appears on the display. If you enter Pause mode, it is of limited duration. Check with club personnel or refer to <i>Club Information</i> on page 19 and <i>Informational Displays Prior to Shutdown</i> on page 24.
<b>you press Reset</b>	Displays the <b>Workout Summary</b> banner. See <b>Reset</b> on the previous page.
<b>it ends.</b>	Displays the <b>Workout Summary</b> banner.
At the Workout Summary banner, you	This is what happens,...
<b>press Reset</b>	The workout statistics are reset to zero and the EFX shuts off.

## Courses

The EFX lets the user choose between eight variable courses. This section provides information about the special features and functions of the EFX courses and how to best utilize the:

- Heart Rate and SmartRate® features
- Cross Training and Gluteal courses
- Interval course
- Manual course
- Weight Loss course

**Note:** To choose a course, begin pedaling. Once the Precor banner appears, press **Enter**. User-friendly prompts guide you through the course selections. Refer to *Quick Steps to Working Out* on page 31.

### THE HEART RATE FEATURE

To use the heart rate features, you must wear a POLAR® chest strap or grasp the touch-sensitive strips (called “grips”) on the handrails while working out. A transmitter sends your heart rate signal to the receiver installed in the display console. The signal appears as your pulse rate on the display. During your workout, the heart rate indicator lights, begins blinking and then, displays your heart rate. This lets you see what your heart rate is doing even when the display is presenting other workout statistics.

**Note:** The SmartRate® display does not appear if you use the **QuickStart** key to access a course. Refer to QUICKSTART on page 29.

**Important:** The POLAR® chest strap is optional equipment and can be purchased through your dealer. The touch-sensitive grips on the handrails are factory installed.

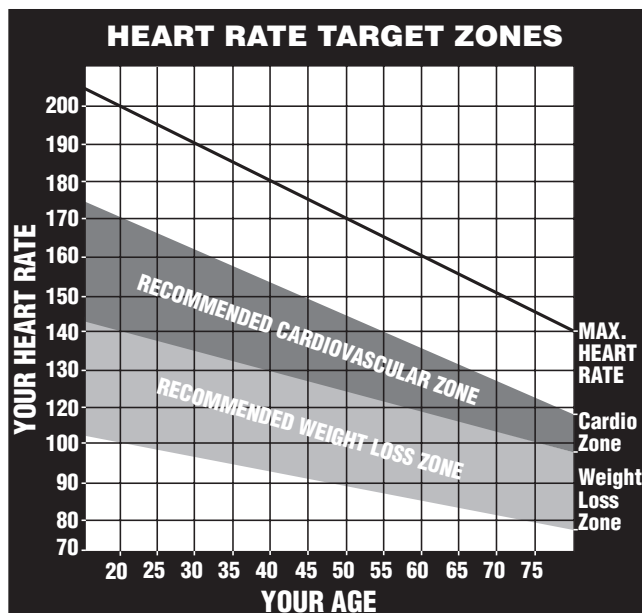
### UTILIZING THE SMARTRATE® FEATURE

Add the benefit of SmartRate® to every course on the EFX. Using SmartRate® as a visual cue helps you adjust your exercise routine to suit specific needs. SmartRate® simplifies the correlation between heart rate and exercise. You don’t have to stop concentrating on your workout to find your pulse. It is displayed right in front of you along with the SmartRate® zone. Once you begin a course, a blinking segment in the bar graph appears on the left of the display (if you entered your age during the Setup prompts). The blinking segment indicates the zone that your heart rate is in: **Weight Loss** or **Cardiovascular**.

**Important:** Access to SmartRate® is only available when the person exercising wears a POLAR® chest strap or uses the touch-sensitive grips on the handrails. (The POLAR® chest strap is a separate purchase option.) The SmartRate® indicator lights do not appear when **QuickStart** is used to select a course.

#### Weight Loss Zone

For the ideal “weight loss” range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. It should never exceed 85% of your maximum aerobic heart rate or go above your training zone. Refer to Diagram 17 for your appropriate target zone.

Diagram 17 *Target zones*

### Cardiovascular Zone

When you maintain your heart rate between 70% and 85% of your maximum aerobic heart rate, you are improving your overall cardiovascular/cardiorespiratory fitness level. Maintaining your heart rate in either zone (weight loss or cardiovascular) for 30 minutes or more on a regular basis (minimum three times a week) provides the greatest benefits.

## MANUAL MODE AND THE QUICKSTART™ KEY

Manual mode lets you determine the ramp incline and set the resistance level. As with other courses, when you complete the time limit set for the course, the automatic cool-down period begins.

You can choose Manual mode in two different ways:

- pressing the **QuickStart** key at the Precor banner. **QuickStart** bypasses the remaining selections and starts the Manual course. Default values include a time limit of 30 minutes (or the Club setting, whichever is smaller), 150 lbs. (68 kg.) and an age of 0. The SmartRate® display is inactive.
- pressing **Enter** at the Precor banner. This causes the EFX to display several Setup prompts. At the course prompt, select **#1 — Manual** course.

The Manual course profile initially appears as a flat line. Use the ▼▲ keys or the numeric keys to adjust ramp incline and the resistance level. (See page 28 for more information.) As you proceed with your workout, a blinking column represents your position on the course.

## CROSS TRAINING AND GLUTEAL COURSES

The Cross Training and Gluteal courses consist of alternating segments of forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Ask Club personnel about utilizing the benefits of this type of workout toward your fitness goals.

The course profile is divided into 28 segments. The height of each segment reflects the changes (if any) made by you to the ramp incline level. Though the incline is preset, you have complete control over the resistance. Any time during the course, you can override the incline setting by pressing a **Cross Ramp ▲▼** key. Prompts appear on the display indicating when you should change the pedaling direction.

## INTERVAL COURSE

The interval course on the EFX lets you select the rest and work intervals according to your training regimen. You set the ramp incline and resistance level for first rest and work interval and the software repeats the intervals throughout the course. At any point during the workout, you can change the settings of the current interval by simply pressing the ▼▲ or numeric keys. The software remembers the new settings and applies it to the appropriate rest or work interval.

**Important:** If you entered your Age during the Setup prompts and wear the POLAR® chest strap or utilize the heart rate grips, you can adjust the rest or work intervals to keep your heart rate in its recommended zone. For the weight loss mode, try to maintain your heart rate at the lower end (55% of maximum heart rate) while in the “rest” intervals and keep it at 70% of maximum heart rate while in the “work” intervals. See Diagram 17 on page 35.

**To use the interval course, take the following steps:**

1. Follow the instructions on page 31, *Quick Steps to Working Out*.
2. At the course prompt, use the ▼▲ key or numeric keys to select the **Interval** course and then press **Enter**.
3. Enter a workout **Time**. If the workout **Time** entered is an even number, then all intervals (rest and work) are two minutes long. If the workout **Time** entered is an odd number, then all intervals (rest and work) are two minutes long, except the last one which will be one minute.
4. Press **Enter** to proceed to the next prompt. When you're finished answering the Setup prompts, the Interval course begins.

To set the incline or resistance level for each interval, take the following steps:

1. When the Rest interval prompt appears, press the **Cross Ramp ▲▼** key to change the incline or **Resistance ▼** or **▲** key to change the resistance level. When the desired setting is displayed, simply continue working out—you do not need to press **Enter**.

The EFX returns to the “rest” settings at the beginning of each rest interval until you readjust it or end your workout.

2. The same procedure applies to specifying the settings for the work interval.

The value that appears in the SEGMENT TIME field indicates the time remaining in the current interval. Each time the EFX changes intervals, it informs you by displaying a message. When you complete the time limit set for the course, the automatic cool-down period begins.

## WEIGHT LOSS COURSE

The Precor Weight Loss course incorporates the latest findings on fat-burning and weight loss through exercise. It is based on research at the world-renowned Cooper Institute for Aerobics Research and it is designed to help you burn the most fat during a 28-minute workout, while minimizing the risk of discomfort and injury. The Weight Loss program is similar to the Interval course, but the intervals are set at four minutes. If you use the heart rate grips on the handrail or wear the POLAR® chest strap, try to keep the rest interval's target heart rate at 55% of (220 minus your age), while the work interval should be set to 70% of (220 minus your age). As in the Interval course, once you set the resistance levels for the first rest and work interval, the EFX automatically repeats the interval settings throughout the course.

To use the Weight Loss program, follow the steps found in *Quick Steps to Working Out* on page 31. When the **Course** prompt appears, choose the appropriate course number. Refer to the course label on the accessory tray.

**Important:** During your workout, you can change the incline and resistance, but doing so will cause the effectiveness of the Weight Loss program to vary.

**Note:** When you complete the 28-minute time limit set for the course, the automatic cool-down period begins.

## Maintenance

The self-powered EFX® will continue to run smoothly and efficiently as long as it is maintained properly. You are responsible for cleaning and maintaining the unit's integrity. If you fail to maintain the EFX as described below, it could affect or void the Precor Limited Warranty.

**DANGER** —To reduce the risk of electrical shock, always unplug the EFX from the optional battery recharger before cleaning it or performing any maintenance tasks.

### INSPECTION

**Perform a daily inspection of the unit.** Look and listen for slipping belts, loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. Obtain service should you notice any of the above.

**Important:** If you determine that the EFX is in need of service, move it away from the main workout area and place an large "Out of Service" sign on it.

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service* on page 7.

### CLEANING THE EQUIPMENT

Most of the working mechanisms are protected inside the casing. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the EFX rollers, rails, and internal mechanisms must be as clean as possible.

- ❖ To clean all exposed surfaces on the EFX, it is recommended that you use a diluted solution of mild soap. Clean the EFX everyday with a soft cloth, dampened (not dripping wet) in the solution.
- ❖ To clean the ramp and roller wheels, position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom). Clean the exposed surfaces of the ramp and roller wheels daily, or whenever the ramp becomes soiled. Switch the foot pedal position to finish cleaning the ramp. Gently, lift the roller wheel and rotate it while you wipe it. This helps removes any dust or dirt which might affect the smooth operation of the unit.

**CAUTION: Do not use any acidic cleaners. Doing so will weaken the ramp coating and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using.**

- ❖ Periodically, clean the grooves on the foot pedals using a soft nylon scrub brush. Vacuum the floor underneath the unit to prevent the accumulation of dust and dirt.
- ❖ The Precor Heart Rate equipment requires little maintenance beyond keeping it dust free. Dampen a sponge or soft cloth in mild soap and water to wipe the touch-sensitive grips on the handrail or to clean the POLAR® chest strap. Dry the surface thoroughly with a clean towel.

## STORING THE POLAR® CHEST STRAP

Store the chest strap transmitter in a place where dust and dirt cannot accumulate on it such as, a closet or drawer. Be sure to keep the chest strap protected from extremes in temperature. Do not store it in an area that may be exposed to temperatures below 32 degrees Fahrenheit.

## SERVICING THE EFX AND LONG TERM STORAGE

Do not attempt to service the EFX yourself except for the maintenance tasks described in this manual. The unit does not contain any user-serviceable parts that require lubrication. For information refer to *Obtaining Service* on page 5.

When the EFX is not in use, ensure that the battery recharger cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people. Ensure that is kept free from dirt, moisture, or damage.

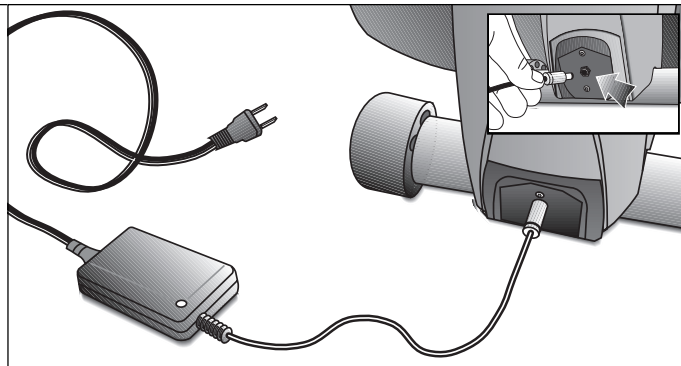
## SYMPTOMS OF A LOW BATTERY

If no one has used the EFX for an extended period of time, the battery may need recharging. Symptoms of a low battery include:

- a flickering or erratic display
- no workout statistics appear or accumulate
- changes to the ramp incline are ignored

**Note:** The optional battery recharger can be connected or a sustained workout may help recharge the battery. Refer to page 24, *Informational Displays Prior to Shutdown*.

**Diagram 18** Battery recharger and adapter plug.



## USING THE BATTERY RECHARGER

Diagram 18 shows the receptacle for the battery recharger. Plug the opposite end into the appropriate power source for your unit (110/120v or 220/240v). You can use the EFX while the battery recharger is plugged in. The display functions a bit differently when the battery recharger is used. It returns to the Precor banner instead of appearing blank when a user stops working out.

## **REPLACING THE BATTERY**

The EFX546 battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service* on page 5.

**CAUTION:** The battery stored inside the EFX contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to page 3.

## **BATTERY RECHARGER POWER CORD**

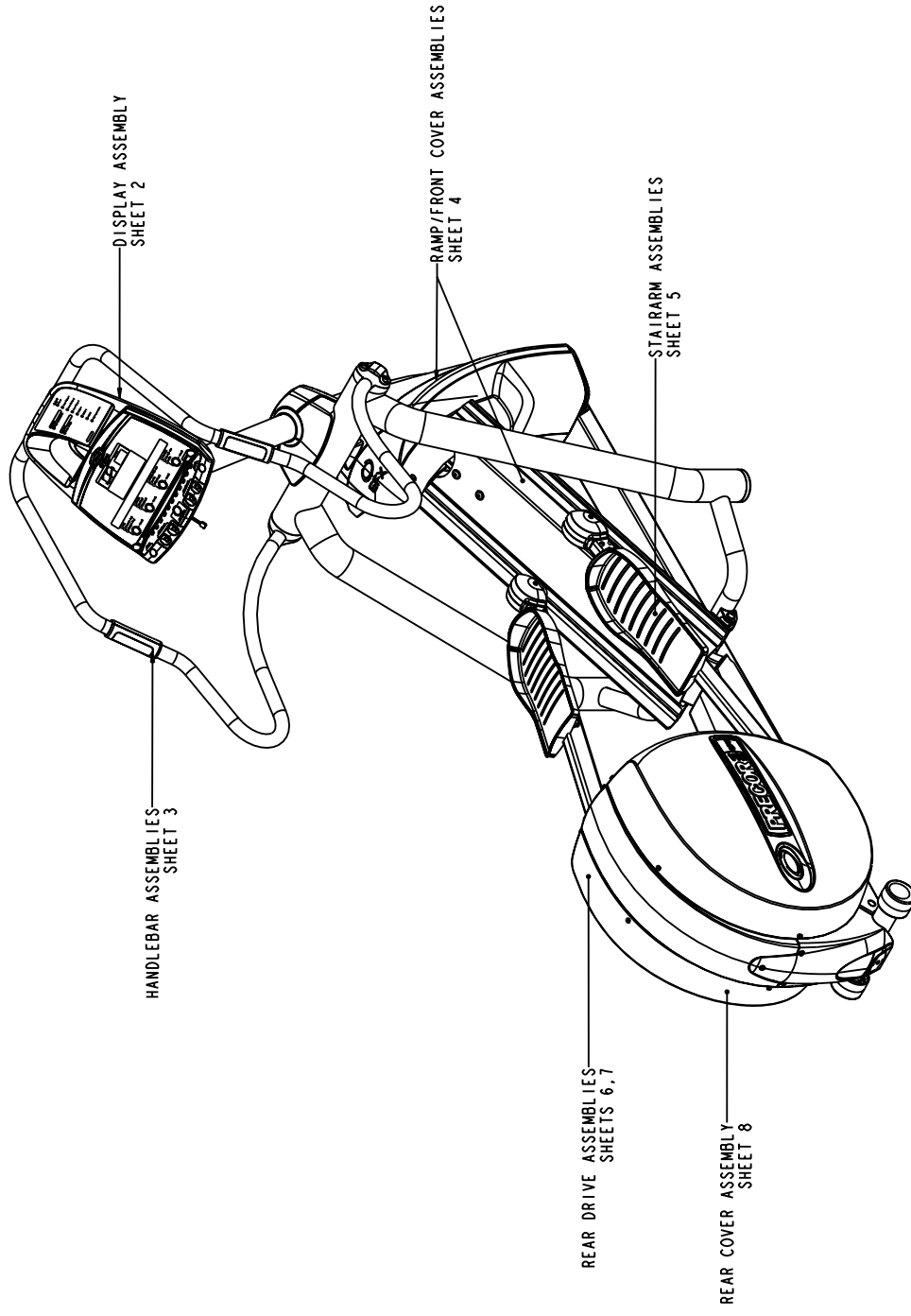
When the EFX546 battery recharger is in use, ensure that the power supply cord does not create a safety hazard by keeping it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it should be replaced.



# EFX<sup>®</sup>546

ELLIPTICAL FITNESS CROSS-TRAINER

## Exploded Views



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 Woodinville, WA USA 98072-4002

P/N 45151-101 Rev. K  
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Exploded view diagram of the rear seat assembly, showing various components and their assembly points. The diagram includes a rear seat backrest, seat cushion, and various mounting brackets and hardware. Callouts with numbers and quantities are provided for each part.

Key components and callouts:

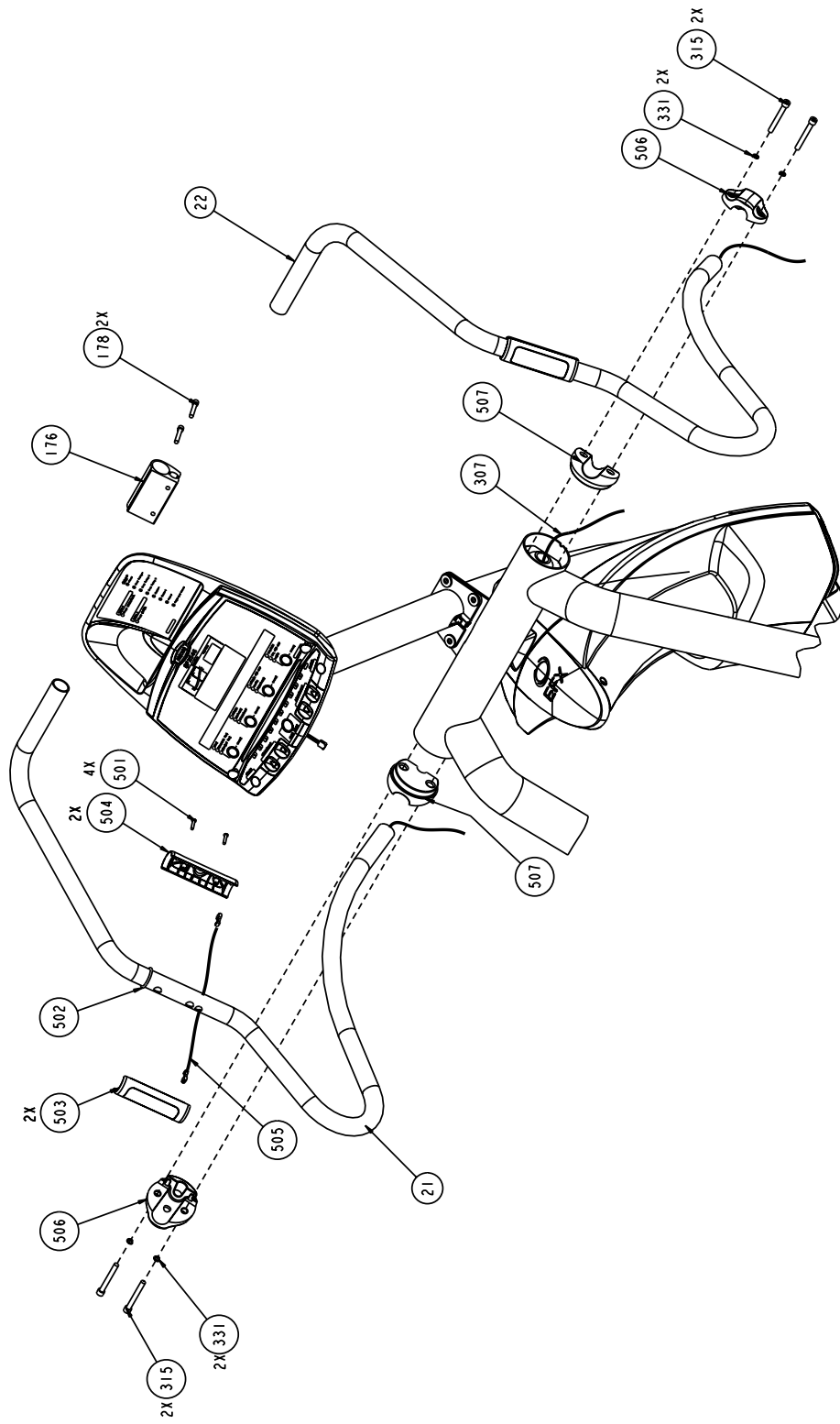
- 36: Cable
- 85: Cable
- 152: Cable
- 157 4X: Cable
- 179 4X: Cable
- 29: Cable
- 182: Cable
- 184: Cable
- 906 2X: Cable
- 183: Cable
- 906 2X: Cable
- 37: Cable
- 905 4X: Cable
- 907 4X: Cable
- 7: Cable
- 177: Cable
- 153: Cable
- 161: Cable
- 155 4X: Cable
- 32: Cable
- 101: Cable
- 154: Cable
- 35: Cable
- 6: Cable
- 4: Cable
- 5: Cable
- 156 4X: Cable

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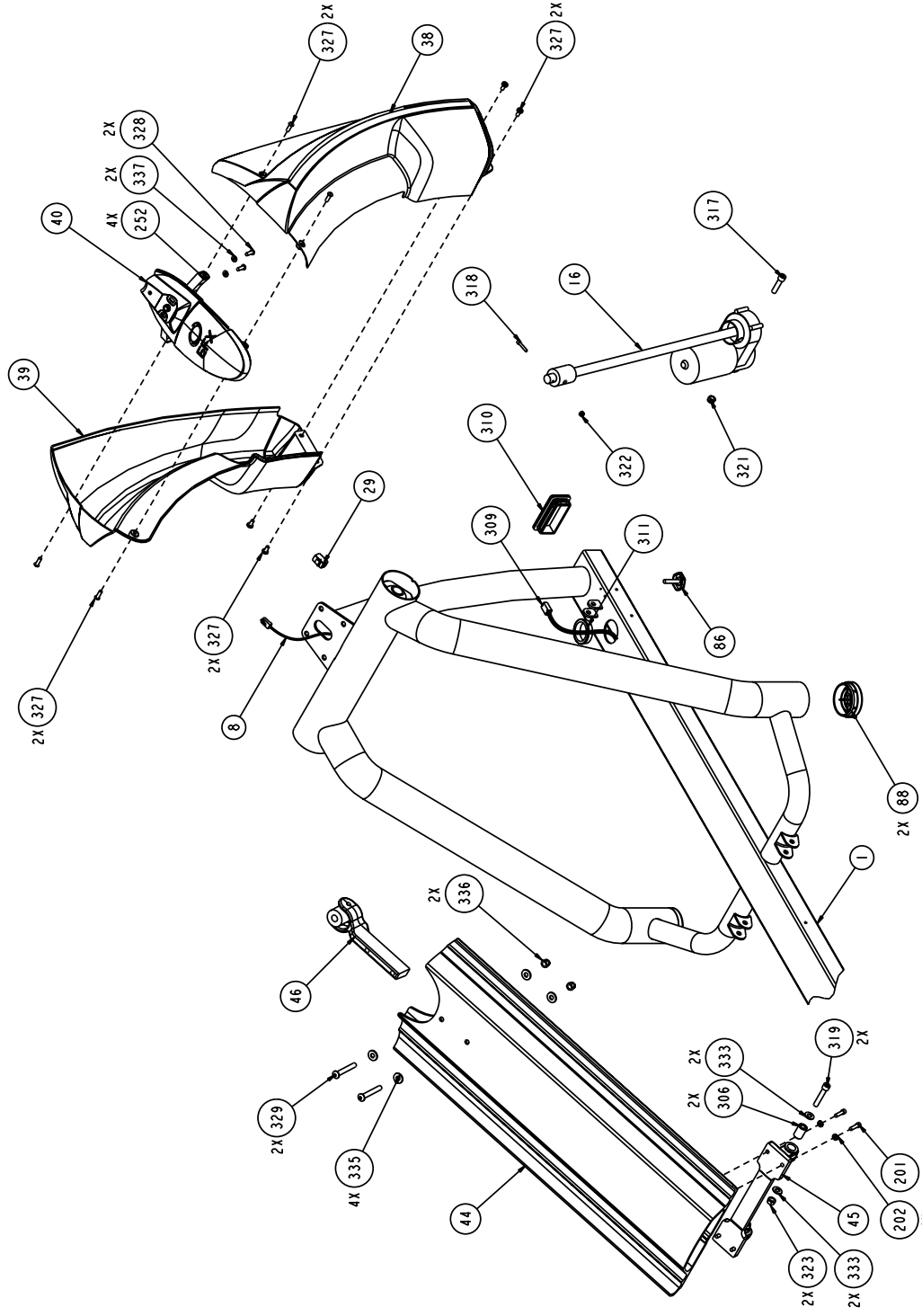
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ELLIPTICAL FITNESS CROSS-TRAINER

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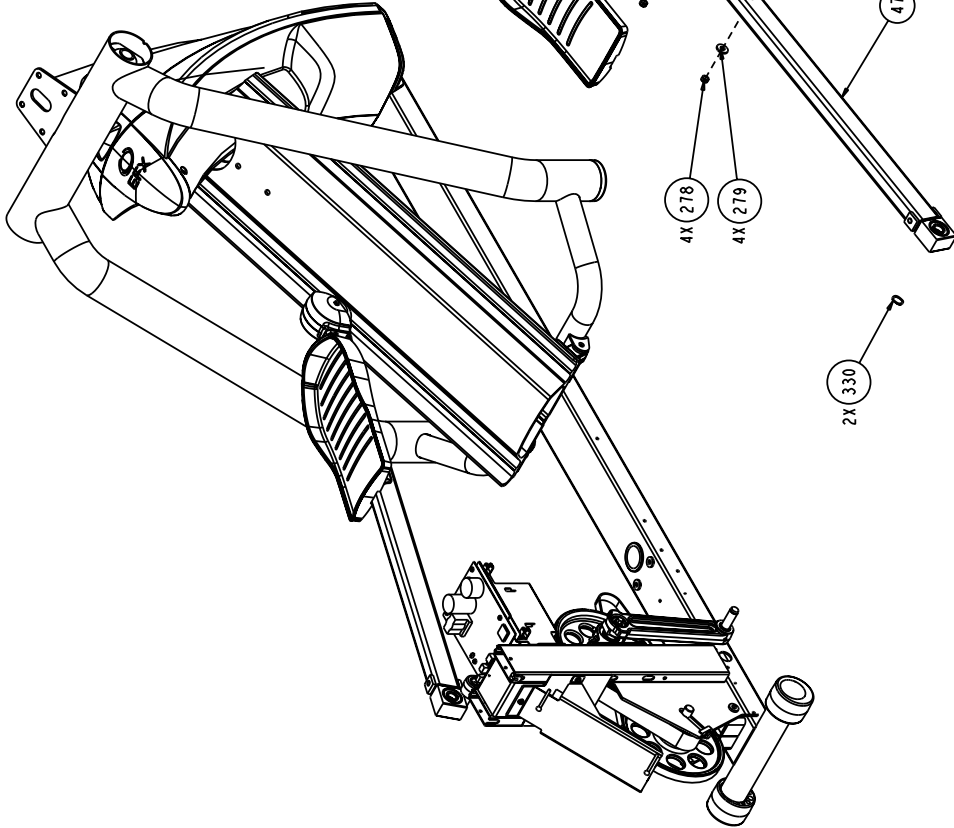


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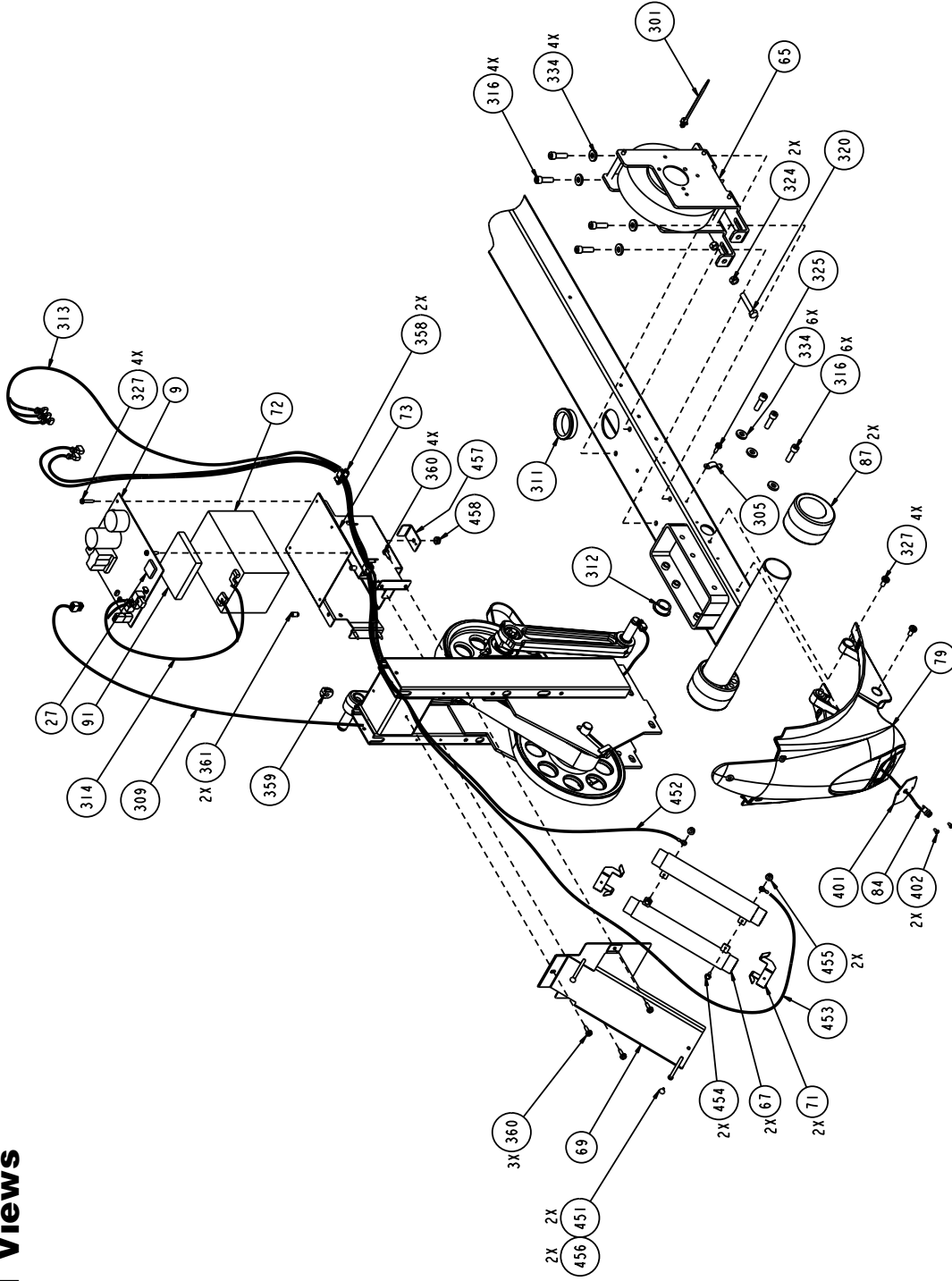
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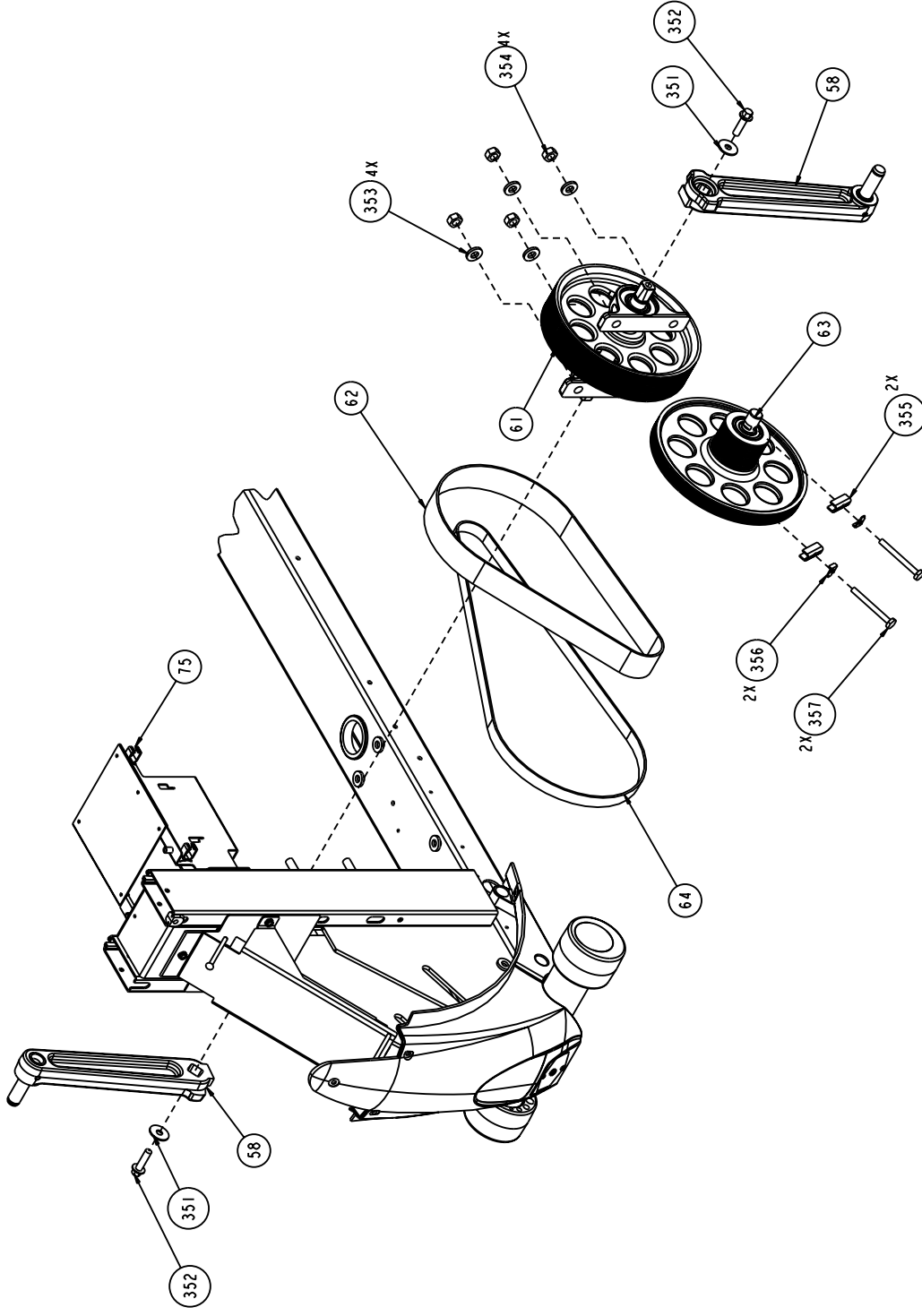
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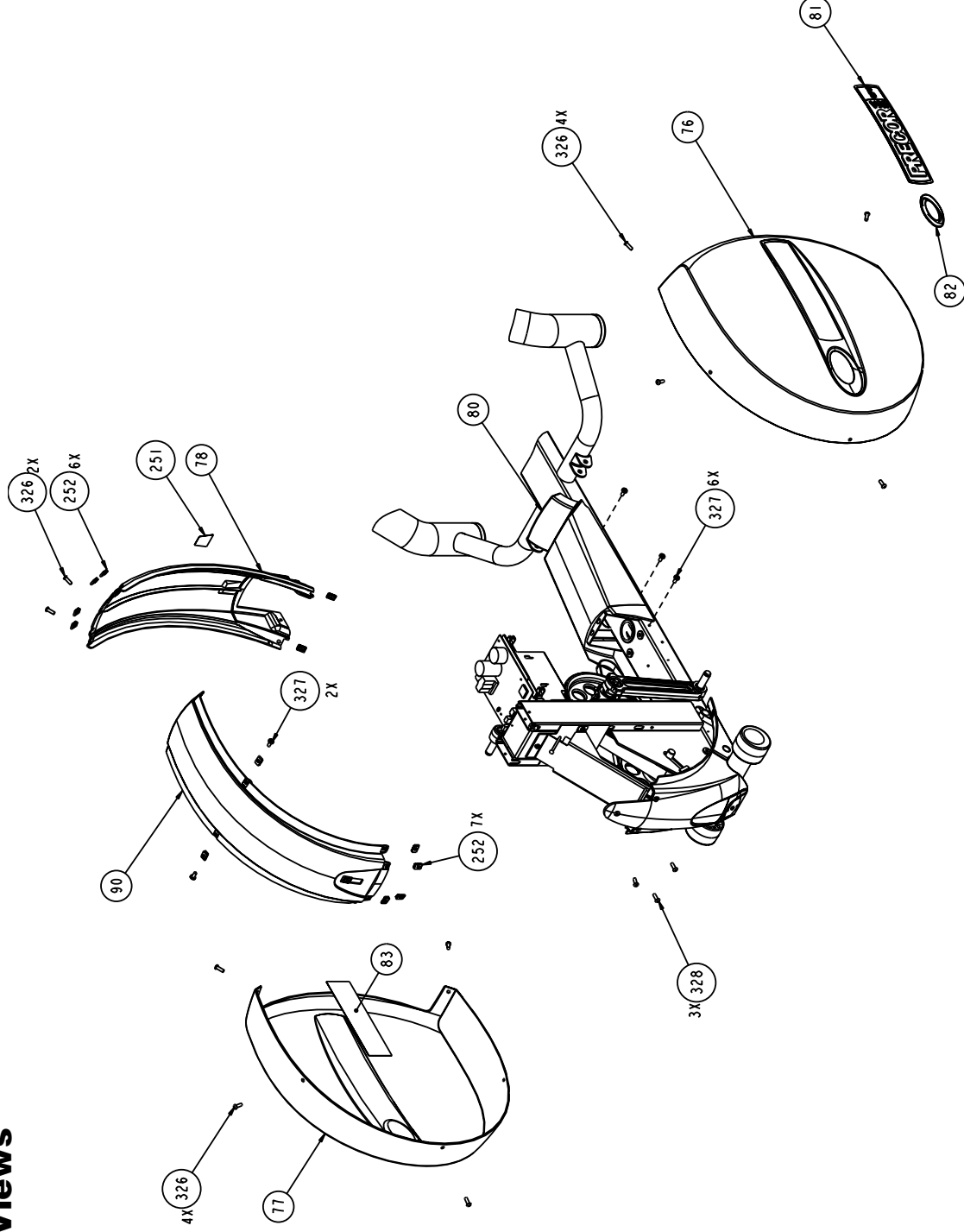
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**Thank You and Welcome to Precor**



We are confident that you will be pleased with your purchase and that your new Precor equipment will help satisfy your customers' fitness needs, while helping you meet your business goals.

To allow us to serve you better, please take a few moments to complete and return your warranty registration.

**YOU MAY ALSO REGISTER ONLINE AT**

**[www.precor.com/warranty](http://www.precor.com/warranty)**

If you have questions or need additional information, contact your local dealer or call Precor Customer Support at 800-347-4404.

Fold along dotted line and tape closed prior to mailing.

COMM.

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PLACE  
STAMP  
HERE



# Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

## Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

## Warranty Periods and Coverage.

### Commercial Products, also known as C-Series Products, (excluding StretchTrainer, Strength Products).

- Seven years frame, five years touch sensor display housing, two years parts, one year labor.
- For treadmills, five years motor fan, three years drive motor.
- For self-powered ellipticals and bikes, one year battery.
- Labor coverage for options as defined below.

### StretchTrainer

Five years frame, two years parts, 90 days upholstery, no labor.

### Strength Products (Catalina 3.45 and Malibu 3.25 only)

Ten years frame; three years bearings, guide rods, cams, pulleys; one year belts, cables, hand grips, miscellaneous parts; 90 days upholstery; no labor.

### Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

## Conditions and Restrictions.

### This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
  - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
  - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
  - c. claims are made within the warranty period.
2. Certain products are warranted for light commercial use only (defined as use in non-fee paying clubs or facilities and less than 4 hours daily use. Unapproved use voids the warranty. Current light commercial products include C934, C932, EFX524, EFX534.).
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

### This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

## Complete this portion and keep for your records.

Purchased From: \_\_\_\_\_ Example: Dealer or store name.  
Phone Number: \_\_\_\_\_ Example: Dealer or store telephone number.  
Product/model: \_\_\_\_\_ Example: EFX534 or 966  
Serial number: \_\_\_\_\_  
The serial number is found on the shipping container.

## Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

## Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

## EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

# EFX® 546 Commercial Crosstrainer featuring Heart Rate and SmartRate® Systems

## Product Specifications

Length: 80 inches (203 cm)  
Width: 30 inches (76 cm) at base  
Height: 62 inches (156 cm) at console  
Weight: 230 lbs (105 kg)  
Shipping weight: 340 lbs (155 kg)  
Power: Self  
CrossRamp®: 13 - 40 degrees (adjustable)  
Stride Length: 18 inches (46 cm)  
Frame: Powder-coated steel  
Regulatory Approval: FCC, ETL, CE

## EFX546 Features:

CSAFE  
Heart Rate Telemetry  
QuickStart™  
SmartRate®  
Touch Heart Rate  
Touch-Sensitive Display

## Electronic Specifications

EFX®546 Courses: 8 Total  
3 Crosstraining  
2 Gluteals  
Interval  
Manual  
Weight Loss

## EFX®546 Display Readouts:

Calories  
Calories Per Minute  
CrossRamp® Incline  
Distance  
Heart Rate\*  
METs  
Muscles Targeted  
Profile  
Remaining Time  
Resistance Levels 1 - 20  
Segment Time  
SmartRate® \*  
Strides  
Strides per Minute  
Time  
Watts

\* The user must hold onto the touch-sensitive grips on the handrail. Or, the user must wear a POLAR® chest strap. The POLAR® chest strap is an option available through your dealer.



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**EFX546 Lit Kit# 45153-102**  
EFX546 OM# 45152-102  
EFX546 Online OM# 45152-402  
Warranty Card# 45622-101  
Warranty# 36286-108  
Exploded View# 45151-101 Rev. K  
May 1, 2003

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